

## San Ramon Valley Podiatry Group

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### POST-OPERATIVE SURGERY INSTRUCTIONS

***Do not remove your bandages at any time. We will remove them at your first post-operative appointment. Place a sealed ice pack on the leg area at the top of the boot. The cold effect of the ice will help with swelling in the ankle and the foot.***

1. For the first three days following surgery, observe strict elevation with the foot and leg above the heart for 50 minutes out of every hour.
2. *Post-operative pain is secondary to intense inflammation.* Use ice to reduce the pain and swelling (it works!) and avoid getting the bandages wet. A sealed ice pack or frozen peas works well. Place on the leg at the top of the boot, or behind the knee. Ice 20 minutes of every hour. If the bandages become wet, please call the office immediately.
3. Keep the bandages dry and intact. If they feel too tight, fall off, or get wet, please call the office.
4. You have been instructed to wear the wooden soled shoe or boot at all times and it is imperative that you comply with that instruction. That means wearing it to bed, and at all times walking. A pillow case can be pulled over the boot and tucked into the top to prevent soiling your sheets.
5. Keep all postoperative appointments.
6. Your procedure requires that the patient does not drive with the post op boot or while taking narcotics. It is extremely important to follow this advice. Slamming on the brakes can cause permanent damage to the operative site.
7. Do not do excessive activity for the first few weeks following surgery.
8. When you are improving and want to start doing more activities, please check with the doctor prior to initiating those activities.
9. If your surgery involved an osteotomy ( a surgical breaking of the bone ) , then no high impact activities for a minimum of three months .
10. When you are allowed to progress out of the operative shoe or boot into regular shoes, please use a shoe with a firm sole initially. This may include an athletic shoe or firm sandal, etc.
11. If you are taking narcotics for pain, you may want to take an over the counter stool softener like Colace to prevent constipation.
12. Call the office if you are having any problems or questions

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_

