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POST-OPERATIVE INSTRUCTIONS

Proper care during the post-operative period is an integral part of your surgical treatment program. It is important that these instructions are followed to insure proper healing and obtaining the best results.

1. Elevate your feet slightly above hip level.
2. Bedding may be kept from irritating the surgical site by use of a cardboard box to cradle the covers over the feet.
3. Apply ice (frozen peas) to feet intermittently for the first 48 to 72 hours (2 hours on, 1 hour off during waking hours), then as often as needed for swelling and discomfort.
4. Limited swelling is expected; occasionally, the skin may take on a bruised appearance. This is no cause for alarm
5. Keep your bandages/cast clean and dry. **DO NOT** remove the bandages or inspect the wound. A small amount of blood on the bandage is normal.
6. Cover the bandages with a plastic bag and place the outside the tub while bathing. **NO SHOWERS!!!**
7. Exercise your legs frequently by bending your knees (and ankles) to stimulate circulation and speed healing.
8. Have prescription filled and take medication as directed. If medications cause stomach upset, headache, rash, or other abnormal reactions, discontinue their use and **CALL THE OFFICE!!!**
9. You may walk to tolerance (with post.-op shoes) as instructed for short periods. Then get off your feet and resume elevation.
10. Curtail use of alcoholic beverages and smoking.
11. You should rest with the foot elevated, drink plenty of fluids, and eat a regular well-balanced diet.
12. If you have any problems or concerns, you can call the office. There is a doctor on call (after office hours). **CALL THE OFFICE (510-794-6633) IF:**

- * The bandages become overly stained.
- * Your medications do not stop the discomfort.
- * You should bump or injure the surgical site.
- * You get your dressings wet.