



**Post Operative Instructions
for Foot & Ankle Surgery**

1. You have had a surgical procedure. A limited amount of pain and swelling is to be expected and this is no cause for alarm.
2. A slight amount of blood can do no harm and should be ignored. However, if there is active bleeding, and the bleeding persists, call the office at once.
3. Keep the foot and leg elevated for the first 48 hours. The foot should be slightly higher than the hip, making sure to also support the knee. Continued elevation after 48 hours is highly recommended to limit swelling.
4. Ice packs should be applied to the entire foot for the first 24 hours after surgery. The ice should be applied on for twenty minutes and then off for twenty minutes during this time period. Ice packs are effective to control both swelling and limit discomfort.
5. During nighttime sleep periods ice packs can be discontinued but elevation is highly recommended. Ice should be applied again in the morning.
6. The bandage is to be kept dry and intact, and is not to be changed or removed under any circumstances.
7. The surgical shoe is ALWAYS to be worn for ANY ambulation IF you have been cleared to bear weight on that foot.
8. Follow all medication instructions carefully for any prescriptions that have been dispensed.
9. The successful result of your surgery depends on the careful following of these instructions. Your cooperation will lead to a prompt and uneventful recovery.

If there are any questions or problems do not hesitate to call the office

(949) 831-4000