



Community Foot Specialists

Surgery Post-Operative Instructions

Contact Your Physician if You Experience the Following Symptoms

- ◆ Temperature over 101 degrees F or severe chills
- ◆ Persistent nausea or vomiting
- ◆ Severe pain not relieved by medication
- ◆ Excessive or persistent bleeding
- ◆ Excessive swelling
- ◆ Follow the labeled instructions on your prescription(s)
- ◆ If you have received general anesthesia:
- ◆ **DO NOT** drive or drink alcohol for at least 24 hours after discharge from the hospital
- ◆ **DO NOT** make any important decisions or sign any important papers for 24 hours after discharge from the hospital
- ◆ If you are taking pain medication do not drive or drink alcohol
- ◆ Have a responsible adult remain with you for the remainder of the day and during the night

Specific instructions:

- ◆ Sponge bathe only, you may use Bandage or Cast Bag
- ◆ Apply ice packs to surgical area 20 minutes on, 5 minutes off for the first 24 hours
- ◆ Elevate feet above the level of the heart for the first two (2) days as often as possible
- ◆ Keep bandages clean and dry - contact your doctor immediately if your bandage should get wet.
- ◆ Follow specific instructions regarding weight-bearing status of the operative foot
- ◆ Other Instructions: _____

Reminder: You must make an appointment by calling the office at 937-426-9500 to have your bandages changed

Patient/Significant Other _____ Date _____