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Practice Limited to:
Orthopedic Surgery
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PODIATRY POST OPERATIVE HOME INSTRUCTIONS

The members of your health care team prepared the following discharge instructions to provide you information for a safe and rapid recovery. Specific instructions from your surgeon supersede any information on this instruction sheet.

1. ACTIVITY/SELF CARE:

Healing starts immediately after your surgery. Returning to normal activity too soon results in excessive swelling, increased pain and tenderness and potential failure of your procedure.

- Swelling is normal after surgery. Elevate your feet to hip level or higher, as much as possible for the first 14-21 days to control swelling. Limit standing, walking and dependency of the operative foot/feet to less than 5 minutes per hour until told otherwise by your surgeon.
- Use crutches for balance or non-weight bearing as directed by your surgeon. Physical therapy or nursing personnel will provide crutches and instruction. If you are unsure on their use, tell the nurse before you leave the hospital.
- Use the post-operative orthopedic shoe or boot ordered by your surgeon. Wear the shoe(s) or boots 24 hours per day until told otherwise (in-bed and out-of-bed).
- If a cast was applied over your dressings, your leg/foot may become itchy. **DO NOT PUT ANYTHING DOWN YOUR CAST.** Use a blow dryer set on cool and fan the itchy area. Call the clinic if you experience any numbness, pain or looseness/tightness of the cast. If you feel any calf tenderness or heat that does not resolve with repositioning your leg, go to the nearest hospital emergency room (ER). Have the ER staff remove the cast and check for a blood clot.

2. CARE OF SURGICAL AREA:

- **LEAVE THE SURGICAL DRESSING INTACT.** Do not remove the gauze dressing unless told to by medical personnel. Your surgeon will change the dressings. You can rewrap/alter the outer ace wrap if it becomes too tight or too loose. Twice a day remove the ace wrap and elevate the foot and leg over your heart for 10 minutes to release any swelling due to the ace wrap. Reapply the wrap snug but not tight.
- **SURGICAL DRESSINGS MUST BE KEPT CLEAN AND DRY. SPONGE BATHE ONLY.** Do not shower or bathe with foot out of the tub/shower stall. Do not cover with plastic bag. Dressings manage to get wet with all types of protection. Do not risk an infection and complications to your surgery. If the dressings do get wet, call the office at (602) 230-1400. If your surgical dressing is changed by anyone else, i.e. emergency room or yourself call the clinic at (602) 230-1400 and inform us. We will determine if you need to be seen sooner than your regularly scheduled appointment.

3. DIET:

- Eat a well-balanced diet and drink plenty of water to promote healing. Resume a regular diet unless placed on dietary restrictions by your general health provider. Take a multivitamin tablet.

4. MEDICATIONS FOR DISCOMFORT AND SWELLING

- Your surgeon prescribed the following medication:

For discomfort: _____

For swelling: _____

- Take action to control your discomfort as soon as possible. Use an over-the-counter extra-strength pain reliever to control your discomfort. Reserve the prescribed medication should the over-the-counter medication fail. **DO NOT OVER MEDICATE YOURSELF** just to play it safe. This type action could be life threatening. Take the medication for swelling control until your surgeon discontinues it. If you have any side effects from any medication, discontinue taking the medication and call the clinic at (602) 230-1400, 24-hours a day.
- Avoid drinking alcoholic beverages or taking any sedative for at least 24 hours after surgery and/or while taking any discomfort medication.
- Do not sign any important documents or make important decisions for at least 24 hours after surgery and/or while taking any discomfort medication.
- Do not perform activities, such as operating machinery or drive a car for at least 48-72 hours after surgery and/or while taking any discomfort medication.
- If your surgery was under general anesthesia you may develop a sore throat. Use any sore throat lozenge you desire to relieve the soreness. Remember to deep breathe and cough every hour to rid yourself of the anesthetic. If breathing problems occur, seek help immediately.

5. SURGICAL COMPLICATIONS:

- Be alert for signs of post-operative complications:

- Temperature above 101 f
- Excessive swelling, redness, bleeding, drainage at the surgical area
- Extreme pain, numbness, tingling, tightness within cast or dressings that is not relieved by elevation of the foot and leg.

- If any of these symptoms occur, notify the office at (602) 230-1400, 24-hours a day. Arizona Orthopedic Fracture Surgeons is located at 444 West Osborn Road, Suite 200, Phoenix, AZ 85013. Our Glendale office is located at 20325 N. 51st Ave, Suite 124 Bldg 4, Glendale Arizona 85308.

MY CELL PHONE NUMBER IS (623) 521-8110

6. Post operative follow-up appointment

Your postoperative follow-up appointment is at:

Appointment date: _____

Appointment time: _____