

# Family Footcare, PC

Milton J. Stern, DPM FACFAS

## POST-OPERATIVE INSTRUCTIONS

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

1. Go directly home and keep your feet elevated on the way.
2. Elevate your feet six inches above hip level by supporting feet and legs with pillows.
3. Bedding may be kept from irritating the surgical site by use of a cardboard box to cradle the covers over the feet.
4. Apply an ice bag covered with a towel on your dressings for 1/2 hours on and one hour off for the first three days.
5. Limited swelling is expected; occasionally, the skin may take on a bruised appearance. This is no cause for alarm.
6. Keep your bandages/splint/cast clean and dry. DO NOT remove the bandages or inspect the wound. A small amount of blood on the bandages may be normal.
7. Cover the bandages with a plastic bag and hang the leg outside the tub. DO NOT take showers unless you have one of our shower protectors in place.
8. Exercise your legs frequently by bending your knees to stimulate circulation and speed healing.
9. Have your prescriptions filled and take medication as directed. If the medication causes stomach upset, headache, rash or other abnormal reactions, discontinue their use and **CALL US IMMEDIATELY at (248) 851-4900.**
10. Curtail use of all alcoholic beverages and smoking.
11. If you have a splint or cast on, you may not put any weight on your foot. If you have a surgical shoe and crutches, then you may only put partial weight on your foot. If you have just a surgical shoe on, then you may put weight on your foot-unless it is too painful.
12. You should get plenty of rest with the foot elevated, drink plenty of fluids and eat your regular well-balanced diet.
13. If you have any problems or concerns, you can call the office anytime. There is a doctor on call 24 hours a day. **CALL THE OFFICE IMMEDIATELY IF:**
  - The bandages become overly stained.
  - Your medications do not stop the pain.
  - You bump or injure the surgical site.
  - You develop a fever.
  - You get your dressings wet.

**If an emergency call: (248) 851-4900 - Office**  
**(248) 755-6500 - Cell Phone**

Signature:

30055 Nothwestern Hwy. L-40 Farmington Hills, MI 48334

Date:

(248) 851-4900 Fax: (248) 851-4901