

## **Recommendations for Your Personal Comfort Following Surgery**

- 1.) When returning home after surgery;
  - a.) If so directed by the doctor, sit sideways in the back seat with your feet elevated.
  - b.) Have your prescription filled Immediately
- 2.) Remain quiet and off your feet as much as possible. Place a pillow beneath the calf of your leg so that the foot is elevated slightly.
- 3.) Place an ice bag over the surgical area as much as possible for the first 24 hours
- 4.) Keep operated area completely dry. This may be accomplished by taping a plastic bag around your foot before bathing. If the bandage accidentally gets wet, dry, immediately with an absorbent towel.
- 5.) Bloody bandages and seeping of blood is normal and should be ignored. If blood runs out of the bandage on the foot while it is elevated and completely still, a phone call is indicated. However, this is not cause for alarm. Bleeding is essential for normal tissue healing. Do not call if the bleeding is confined to the bandage only.
- 6.) Throbbing can be helped by keeping the foot elevated. If throbbing persists, loosen the bandage slightly, but do not remove.
- 7.) Follow a light diet, drink plenty of liquids and abstain from use of alcoholic beverages while taking medications.
- 8.) Your medication is for any discomfort you may have. Do not be afraid to increase the dosage slightly when needed. Nausea and lightheadedness sometimes occur due to the medication. If this happens, remain lying down.
- 9.) If there is persistent throbbing, pulsating pain accompanied by redness and swelling, or any other problems not discussed in these instructions, phone this office number: (936) 569-7460, or the doctor's residence. Call periodically if there is no answer. Prompt action will be given to all messages left with telephone answering service or answering machine. These systems have been installed for your convenience. When the phone has been answered with automatic equipment, listen to the entire conversation. Do not hang up until you have given your name and home phone number. If you have not been able to contact the doctor and pain increases, please do not hesitate to consult your regular physician.
- 10.) Your next appointment is \_\_\_\_\_
- 11.) Please be certain to come in for all post-operative appointments. This is very important in assuring a good result without complications.