

## DR. STEVEN SHARLIN'S POST-OP CARE

A SURGICAL PROCEDURE HAS JUST BEEN PERFORMED. THE AMOUNT OF DISCOMFORT AND SWELLING VARY FROM PATIENT TO PATIENT. THEREFORE, PLEASE FOLLOW THESE INSTRUCTIONS:

1. While returning home from surgery:
  - A. Sit sideways in the back seat of the car with the surgical foot elevated.
  - B. Have your prescription(s) filled immediately.
2. Remain quiet and **off your feet** for the first 24 hours. Place a pillow under the calf of your leg so the surgical foot is elevated.
3. Place an ice bag over the surgical area 20 minutes out of every hour. This should be necessary only for the first 24 hours after surgery.
4. DO NOT use hot water bags or electric heating pads on your foot.
5. Keep operative area completely dry. If the bandage accidentally gets wet, dry immediately with a towel and call the office.
6. Your bandages may become somewhat bloody. Should this occur, do not become alarmed. However, if there is active and persistent bleeding, call this office at once: **(847)362-8848**
7. Throbbing can be helped by keeping the foot elevated. If the throbbing persists, **LOOSEN ACE WRAP**, if throbbing still persists, call this office. DO NOT REMOVE DRESSING
8. Nausea and lightheadedness sometimes occur due to the medication. If this happens, call this office.
9. Follow a light diet, plenty of liquids, and abstain from the use of alcoholic beverages while taking pain medications.
10. Bend knee and rotate foot and ankle at least 5 minutes during each hour after surgery for 24 - 36 hours while awake.
11. Limit walking to your tolerance but keep it down to a minimum. Stay off your feet as much as possible. Wear your surgical shoe when walking. DO NOT TAKE ANY STEPS WITHOUT THIS SHOE.
12. Should you bump or otherwise injure your foot or the surgical site in any way, notify this office immediately.
13. Should you incur any other problems not discussed in these instructions, please phone immediately.

I HAVE RECEIVED AND UNDERSTAND THESE INSTRUCTIONS.

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PATIENT

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RESPONSIBLE ADULT