

Cedar Grove

Foot & Ankle Specialists

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Postoperative Instructions following Foot & Ankle Surgery

1. **Elevate** the affected limb above the level of the heart (chest level) following surgery for the first 48 hours. This is important in pain relief and to reduce swelling.
2. Remain **Nonweightbearing** / **Partial Weightbearing to the Heel** / **Full Weightbearing**
3. Wear your **SURGICAL SHOE** / **CAM BOOT** at all times.
4. Use **Crutches** / **Walker** / **Cane** / **Rollabout** at all times.
5. Apply ice to the ankle (not on the surgical dressing) after surgery for 3-4 days. Alternate Placing ice on the ankle: 20 minutes on, 20 minutes off.
6. Keep Surgical Dressings **CLEAN, DRY and INTACT. Do not get the dressings wet.**
7. Limit activity until your first appointment to strictly necessary movement, such as visits to the bathroom.
8. A certain amount of blood to the bandage on occasion may be normal. If continuous and soaking to the dressing, please call the office immediately.
9. If prescribed an antibiotic, take as directed, until entire course is completed
10. If pain medication is prescribed, take as prescribed.
11. If you feel that you are experiencing excessive discomfort, drainage, redness or pain, please contact the office immediately.
12. Followup in the office as directed.