



# Spring Valley Podiatry

MEDICAL & SURGICAL CARE OF THE FOOT AND ANKLE

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Board Certified in Foot and Ankle Surgery

## Post-Operative instructions for foot surgery

1<sup>st</sup> post-op appointment:

date: \_\_\_\_\_ time: \_\_\_\_\_

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1. Do not change or remove the bandage.
2. Elevate your foot or feet.
3. Apply an ice bag to the area in which you had surgery; leave in place for 30 minutes do that every 90 minutes or so for the first 3 to 4 days.
4. Do not allow the bandage to get wet.
5. You must wear the surgical shoe at all times unless otherwise instructed.
6. If you are having any discomfort take the medication as prescribed. You must eat before taking the medication.
7. If you have any questions or feel that you are developing complications, do not hesitate to call the office @ 202-362-2883. If it is after hours press 9 for the doctor on call. If for some reason you feel that an emergency has developed, do not hesitate to go to the nearest emergency room.