

POST-OPERATIVE INSTRUCTIONS

1. Immediately after surgery you are to go directly home and keep your feet elevated.
2. You will be permitted to get up for your meals and to go to the lavatory as needed.
3. Be careful not to bump or injure the area where surgery was performed.
4. DO NOT let the bandage get wet.
5. If you have been given a prescription to reduce discomfort, have it filled as soon as possible. Start taking it as soon as you feel the anesthesia beginning to wear off.
6. Should the medication not give you enough relief, try placing an ice pack on the foot. Remove it when it feels too cold, and then replace it later, if necessary. If there is still discomfort, call us.
7. You can expect that some blood may stain the bandage and is normal. If blood begins to drip from the bandage, contact us immediately.
8. If you have any questions about activities, medications or are experiencing some difficulty, please feel free to call our office at (201) 488-7577 any time.

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