



*Specialized care • Personalized service*

## INSTRUCTIONS TO THE PATIENT: YOU HAVE HAD **FOREFOOT SURGERY**

This information is to help you in recovery after foot/ankle surgery. Please read this information carefully. Feel free to ask the doctors and nurse any questions you may have about your recovery at home. You will receive further instructions at you next doctor's visit.

### Activities and Precautions:

- Keep your foot dressing dry and intact.
- When you shower it is advisable to wrap your foot in a towel and cover it with a plastic bag or cast shower bag. This will protect your dressing from getting wet. Alternatively, it is better to take a bath and keep your foot outside of the tub.
- As needed, you should use crutches or a walker (unless you have been instructed **not to** by your doctor).
- Keep your foot elevated as much as possible to help minimize swelling. "Toes above the nose" for at least 48hours. When lying in bed, place the lower extremity on 2 to 3 pillows. When sitting, place the lower extremity on a chair. You may also apply ice. If possible, wiggle toes frequently.
- If necessary, take the following medications as prescribed at your discharge:
  - Aspirin 325mg 1 tablet twice a day for 30 days
  - Percocet 1-2 tablets every 4 hours as needed for pain
  - Phenergan 25mg 1 tablet ever 6 hours as needed for nausea and vomiting
  - Other \_\_\_\_\_

*\*\*\* Stop taking these medications if you develop side effects \*\*\**

- Your **follow-up appointment** should be arranged for you within a **week**.

*\*\*\* Please take your x-rays/MRI's/CT scans home with you \*\*\**

### When to call your doctor

It is important to call your doctor if you notice any of the following symptoms:

- Redness, swelling, warmth, tenderness from your incision or dressing.
- Body temperature above 101.5 degrees F for more than two days.
- Significant increase in foot pain.
- A small amount of bloody drainage may be normal, if it persists, you should call the office.

Louis C. Almekinders, MD  
Daniela N. Crandall, PA-C  
Orthopaedic Surgery  
and Sports Medicine

Scott S. Kelley, MD  
James Messersmith, PA-C  
Joint Replacement and  
Reconstructive Surgery

Joe T. Minchew, MD  
Disorders and  
Surgery of the Spine

Selene G. Parekh, MD, MBA  
Disorders and  
Surgery of the Foot and Ankle

Paul J.W. Tawney, MD  
Physical Medicine  
and Rehabilitation