



Specialized care ◦ Personalized service

INSTRUCTIONS TO THE PATIENT: YOU HAVE HAD **HINDFOOT 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 your next doctor's visit.

Activities and Precautions:

- Keep your foot dressing dry and intact. **Do not** remove or change bandage.
- 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.
- You should use your crutches or a walker, and put **no weight** on the operated foot.
- Keep your foot elevated as much as possible to help minimize swelling. "Toes above the nose" for at least 48 hours. 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 every 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 in **10 - 14 days**.

**** 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.

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