

- You have had a surgical operation. A limited amount of discomfort and swelling is to be expected. In addition, the skin may take on a bruised appearance.
- Your surgical area may be numb for several hours following surgery. Have your prescription(s) filled immediately and begin using the pain medication at the first sign of numbness wearing off. Take the medication at the intervals prescribed to avoid discomfort. The pain medication may make you drowsy, therefore, do not drive or use in combination with alcohol. If the medication causes stomach upset, take with food.
- Go directly home and lie down after surgery. Elevate your foot (or feet) at least eight inches above the level of your hip(s) with pillows. **Keep your foot (or feet) elevated as much as possible for the first week after surgery.** This will help minimize swelling and discomfort.
- If necessary, place an ice pack over your ankle(s) for 20 minutes each hour to reduce discomfort. Do not place ice directly over bandage or leave for more than 20 minutes at a time. Do not apply heat to the surgical area.
- The appearance of a spot of blood through the dressing is not unusual. If there is active and persistent bleeding please notify the office.
- **Do not remove your dressings and keep them perfectly dry.** Please use a specially designed shower bag to keep your bandage dry when showering. If the bandage becomes wet for any reason please call the office. A wet bandage may lead to infection.
- It is important to stay off your feet as much as possible, especially for the first week after surgery. **You MUST wear your surgical shoe, boot or removable cast whenever walking or standing.** Failure to do so may result in disruption of the surgical area.
- Bend knee, ankle and wiggle toes as permitted by bandage, surgical shoe, boot or cast at least ten times every 2-3 hours for the first 2 days after surgery. Perform any additional range of motion exercises as instructed.
- Call the office if any of the following should occur:
 - a) Continued bleeding.
 - b) Pain that is **not** relieved by medication.
 - c) Bumping or injuring of the surgical area.
 - d) Fever, chills, nausea, rash, or loss of appetite.
- Call the office (312) 337-9900 or the answering service (773) 628-0445 if you have concerns or an emergency. After office hours emergency calls will be forwarded to a 24 hour answering service who will notify your doctor.