

- Your surgical area may be numb for several hours following surgery. Have your prescription(s) filled and begin using the pain medication before the numbness wears off. Take the medication at the intervals prescribed to avoid discomfort. The pain medication may make you drowsy, therefore, do not 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) with pillows at least eight inches above the level of your hips. This will help minimize swelling and discomfort.
- The appearance of a spot of blood through the dressing is not unusual; however, if there is active and persistent bleeding please notify the office.
- Keep the bandage dry and intact for the first 24 hours. After 24 hours:
 - a) Remove the bandage (if the bandage sticks, soak in warm water or use hydrogen peroxide to loosen)
 - b) Wash the area with soap and water, pat dry
(OR)
Soak in warm water and one tablespoon of Betadine solution for 10 minutes, pat dry
 - c) Apply antibiotic ointment (Amerigel, Bacitracin or Neosporin) and cover with a cloth bandaid or gauze bandage
 - d) Repeat a, b, c daily until healed
- Wear roomy comfortable shoes initially. Return to your regular shoes as tolerated.
- 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 a doctor.