

# **NORTH ROCKLAND PODIATRY**

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## **POST-OPERATIVE INSTRUCTIONS FOR THE PATIENT**

Patient compliance with the following instructions is imperative to successful post-operative care.

1. Upon arrival home, lie down and **ELEVATE THE FOOT** that was operated on higher than the level of your heart. (This is very important)
2. Keep bandages dry and clean.
3. Do not be alarmed if there is some slight bleeding onto the bandage.
4. Apply ice to the ankle of the foot that was operated on 10 minutes every hour for 72 hours.
5. Use medications as directed by the doctor.
6. Remain off your feet as much as possible for the first 72 hours.
7. Call the doctor by telephone if there is pain or the bleeding onto the bandage does not stop.