



## HOME CARE INSTRUCTIONS AFTER FOOT SURGERY

### WHAT TO EXPECT

As with all surgery some swelling is expected. Even though the incision was small we sometimes see a fullness involving the entire foot. Swelling may last for several weeks. When it comes to swelling, everyone is different.

Black-and-blue marks, similar to what is seen after an injury, may also be seen. These will disappear in a few weeks. Some bleeding is expected. The dressing may be discolored but that is from the antiseptic we used after surgery. You probably will not see bleeding.

Local anesthesia was placed around the surgical site so the area will remain numb for as much as 10 or more hours. Any pain you may have should be controlled by the medication we gave you. Please use them as directed. Many people report an occasional shooting sensation (not really pain) occurring for several weeks after the surgery. This goes away on its own.

### WHAT YOU SHOULD DO

- Keep the dressing dry and clean. DO NOT remove it. We will remove it at your next visit.
- Elevate the operated side higher than your heart. Don't cross your legs. Placing a pillow under the knee will keep the leg from feeling stiff. Try to keep your feet elevated while sleeping for the first few nights. Next to us, elevation will be your best friend.
- Place an ice bag on top of the foot as close as possible to the site of the surgery. Use the ice 20 minutes on and 20 minutes off until you go to bed. Do that for the first two days. Use a plastic bag under the icepack.
- Always wear the walking boot or surgical shoe when walking – even just to go to the bathroom. Some people sleep with the boot (or shoe) on. Carefully follow the directions for taking the medications we gave you. The 1<sup>st</sup> dose of pain medication should be taken as the surgical site begins to tingle and/or throb. DO NOT WAIT UNTIL THE FOOT HURTS! With prescribed pain medicine you should not drink alcohol. That includes beer and wine.
- You can leave the house but only very limited walking should be done for the first few days. No prolonged standing.
- Some bleeding is normal. If you think the dressing is too wet call us at once.
- If you have pain you cannot control with elevation or medication call us.
- CALL IF YOU HAVE ANY QUESTIONS. 508-757-4003