



*Elyria Foot Clinic Inc.
North Coast surgery Center, LLC
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POST- OPERATIVE INSTRUCTIONS FOR: _____

Proper care during the post-operative period is an integral part of your surgical treatment program. It is imperative that these instructions are followed to insure proper healing and to obtain the best results.

1. Go directly home and keep your foot elevated. A small amount of bleeding or discharge on the bandage is normal.
2. Elevate your feet six inches above hip level by supporting feet and legs with pillows.
3. Apply an ice bag covered with a towel on your dressing for 30 minutes on and 30 minutes off for the first three days.
4. Limited swelling is expected; occasionally, the skin may take on a bruised appearance. There is no cause for alarm.
5. Do not remove bandages or inspect the wound. Keep the bandage/cast clean and dry
6. Exercise your legs frequently by bending your knees to stimulate circulation and speed healing.
7. When bathing, cover the bandages with plastic bag and hang leg outside tub. NO SHOWERS.
8. Have prescriptions filled and take medication as directed. If medications cause stomach upset, headache, rash, or other abnormal reactions, discontinue their use and call Dr. Costaras. Over the counter pain relievers may be used as directed on the package.
9. Curtail use of alcoholic beverages and smoking.
10. You should get plenty of rest with the foot elevated, drink plenty of fluids, and eat your regular well-balanced diet.
11. Bedding may be kept from irritating the surgical site by use of a cardboard box to cradle the covers over the feet.
12. You may may not walk on the operated foot with surgical shoe/cast boot. Crutches or walker may be necessary. If you use crutches be sure that you are instructed how to use them. Walk only as tolerated and as instructed.
13. If you have any problem or concerns you can call the office anytime. The doctor is on call 24 hours a day. Call the office immediately if:
 - The bandages become overly stained, or saturated with blood
 - Your medications do not stop the discomfort.
 - You should bump or injure the surgical site.
 - You develop a fever.
 - You get your dressings wet.
14. Call the office to confirm or make your next appointment.
15. Additional instructions: _____

I have read and fully understand these instructions.

Patient Signature _____ Date _____