

**DR NIGRO FOOT AND ANKLE CARE CENTERS
POST-OPERATIVE INSTRUCTIONS**

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

1. After you are discharged from the **OFFICE**, go directly home and keep your feet elevated on the way if possible. When home elevate your feet at least six inches above the hip level by placing one or two pillows lengthwise under your heels and the back of your legs, supporting the knees as well. You should get plenty of rest with your foot/feet elevated, drink plenty of fluids, eat your regular well balanced diet, and resume any previous medications as advised.
2. Apply ice to the front of your ankle or as directed, 30 minutes on and 30 minutes off for the next three days unless otherwise instructed.
3. Keep your dressings or cast clean and dry. **DO NOT REMOVE** to inspect the wound. A small amount of bleeding is normal. However, if bleeding is noted, take a pen and mark a circle around the area. Observe over the next 20-30 minutes, and if increasing in size rapidly, **CALL THE OFFICE**.
4. Sponge bath until advised otherwise. If tub bath instructions have been given, fold a hand-towel and secure above the ankle. Apply a plastic bag and secure above the level of the towel and hang outside of the tub. **NO SHOWERS. CALL THE OFFICE IMMEDIATELY IF THE DRESSINGS BECOME WET.**
5. Exercise your legs frequently by bending your knees to stimulate circulation and speed healing. If you experience calf pain or chest discomfort, color changes in the toes, or excessive numbness or discomfort, **CALL THE OFFICE IMMEDIATELY**.
6. If you were given prescriptions, have them filled and take medication only as directed. If you experience stomach upset, headache, rash, or other abnormal reactions, discontinue taking the medication and contact the office. If the medication does not stop the discomfort, or you have questions, **CALL THE OFFICE**.
7. Limited swelling is expected and occasionally, the skin may take on a bruised appearance. This is no cause for alarm, but if excessive or you are concerned, please contact the office.
8. Avoid the use of alcohol and smoking. **NO DRIVING UNLESS ADVISED.**
9. If you have been given special shoes or a cast, wear them whenever you walk.

If you develop a fever 100 degrees or higher, CALL THE OFFICE IMMEDIATELY.

If you have any questions or problems any time prior to your scheduled visit to the office, please do not hesitate to call. Remember, your questions are important.

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