

ARP FOOT & ANKLE CLINIC, PA
DR. ERIC A. ARP
POSTOPERATIVE PATIENT INSTRUCTIONS FOLLOWING SURGERY

1. You have had a surgical operation. A limited amount of pain and swelling is to be expected. The skin may take a slightly bruised appearance. This is no cause for alarm.
2. Have prescription (s) filled immediately and take medication (s) as directed. Be sure to eat before taking pain medication the first time. **AVOID** alcoholic beverages while on the medication.
3. Resume all normal medications. Blood thinners (aspirin, cumadin, etc.) resume 24hrs after surgery.
4. Go directly home and lie down after surgery. Elevate the operated foot (or feet) at least eight inches above hip level. Support the elevated foot and leg with pillows. **DO NOT PLACE PILLOW UNDER THE KNEE.**
5. Appearance of blood spot through the dressing is not unusual. However, if there is an active and persistent bleeding, call the office at once.
6. Bend knee and rotate foot and ankle at least 5 minutes during each hour after surgery for 24-36 hours while awake.
7. Keep the bandage dry and do not tamper with the dressing.
8. For discomfort or swelling, apply an ice pack directly over the bandage for 10-15 minutes out of each hour, for several hours, if necessary. **DO NOT** leave this on the foot for longer than 15 minutes. **DO NOT** apply any form of heat to the area.
9. Limit walking to your tolerance, but keep it down to a minimum. Stay off your feet as much as possible. Wear your surgical shoe when walking. **DO NOT TAKE ANY STEPS WITHOUT IT.**
10. Call 870-425-7363 if any of the following should occur:
 - A. Bleeding continues.
 - B. Pain increases and/or does not respond to medication after 24 hours.
 - C. Bandage or cast appears too tight.
 - D. If you have **ANY** questions at all, please call Dr. Arp.
 - E. If an emergency happens over the weekend.

11. Special instructions: _____

I CERTIFY THAT I HAVE READ AND UNDERSTAND THE ABOVE INSTRUCTIONS.

SIGNATURE

WITNESS

