

ARP FOOT AND ANKLE CLINIC, P.A.

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POSTOPERATIVE INSTRUCTIONS FOLLOWING SURGERY

1. You have had a surgical operation. A limited amount of pain and swelling is to be expected. You may feel pressure caused by the bandage. This is considered normal. The skin may take a slightly bruised appearance. This is no cause for alarm. Appearance of blood spot through dressing is not unusual. However, if there is active or persistent bleeding, call the office.
2. Take prescription(s) as directed. Be sure to eat before taking pain medication the first time. **AVOID** alcoholic beverages while on medications. **Resume all normal medications 24 hours after surgery.**
3. 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.**
4. Bend knee and rotate foot and ankle at least 5 minutes during each hour after surgery for 24-48 hours while awake. **DO NOT ROTATE THE FOOT AND ANKLE IF YOU ARE IN A CAST. (JUST BEND THE KNEE)**
5. **KEEP BANDAGES DRY AND DO NOT TAMPER WITH THE DRESSINGS.**
6. Apply ice pack directly over bandage for 10-15 minutes out of each hour, for several hours to keep from having swelling and discomfort. **DO NOT** leave this on the foot longer than 15 minutes. **DO NOT** apply any form of heat to the area.
7. Limit walking to your tolerance, but keep it to a minimum. Stay off your feet as much as possible. Wear your surgical shoe or boot when walking. **DO NOT TAKE ANY STEPS WITHOUT IT.** If non-weight bearing, **DO NOT** take any steps without the assistance of a walker or crutches.
8. Call the office if you have any questions 870-425-7363

