

FOOT SURGERY – POST OPERATIVE INSTRUCTIONS

1. Regular diet as tolerated.
2. Rest with foot elevated above heart. If possible, use 2 to 3 pillows.
3. Do not change your dressing until your follow up office visit.
4. Keep dressing dry and clean. Use double plastic bags tied or taped snugly shut for showers.
5. Do not drive until cleared by the office to do so.
6. Do not drink alcohol beverages or drive if you are taking prescription pain medication. Take medication with food.

Call the office if you experience:

- Fever unrelated to the flu that is greater than 101.5
- Bleeding through your dressing

You may begin to experience pain in your foot later on in the day following your surgery or the next morning. This pain is due to the anesthesia wearing off. Rest, elevation and pain medication will help your foot to feel better.

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