



**VALLEY ORTHOPAEDIC
SPECIALISTS**

FOOT SURGERY – POST OPERATIVE INSTRUCTIONS

Gary R. Richo, M.D., Ph.D.
General Orthopaedics
Foot and Ankle Surgery

Ignatius Kominakos, M.D.
General Orthopaedics
Total Joint Reconstruction

Scott Waller, M.D.
General Orthopaedics
Orthopaedic Surgery

Mark Blechner, M.D.
Orthopaedic Spine Surgeon

Arthur G. Geiger, M.D.
General Orthopaedics
Sports Medicine

Megan Gleason, M.D.
General Orthopaedics
Sports Medicine

Chanakya K. Jandhyala, M.D.
Orthopaedic Spine Surgeon

Sean Muldoon, PA-C.
General Orthopaedics
Physician Assistant

Jason Nobrega, PA-C
General Orthopaedics
Physician Assistant

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.

Main Office:
2 Trap Falls Rd Ste 404
Shelton, CT 06484
Phone: (203) 734-7900
Fax: (203) 513-3269

Oxford Office:
220 Main St Ste 1F
Oxford, CT 06478
Phone: (203) 734-7900
Fax: (203) 463-8957

Fairfield Office:
1275 Post Rd Ste 208
Fairfield, CT 06824
Phone: (203) 955-1202
Fax: (203) 955-1203