

Discharge Instructions Foot and Ankle Surgery

Dr. Brown Dr. Nichols Dr. Kalmar Dr. Andreas

- You have had a surgical operation. A limited amount of pain and swelling is to be expected. The skin may take on a bruised appearance. This is no cause for alarm.
- 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 medication.**
- Go directly home and lie down after surgery. Elevate the foot/feet at least eight inches above hip level. Support the elevated foot and leg with pillows. Do not place pillows under the knee. Keep foot/feet elevated at all times only putting it/them down to use the rest room and grab a bite to eat. The more your foot is elevated, the less swelling and pain you will experience and the better your healing will be.
- Appearance of a blood spot through the dressing is not unusual. However, if there is active and persistent bleeding, call your doctor at once.
- Bend knee and rotate foot and ankle at least five minutes during each hour after surgery for 24-36 hours while awake.
- Keep the bandage dry and do not tamper with the dressing.
- Apply an ice pack to the ankle for 15-20 minutes 2-3 times per day for the next 2 weeks. Do not leave this on the foot for longer than 20 minutes. Do not apply any form of heat to the area.
 - ❑ Limit walking _____
 - ❑ No walking _____
- Call your doctor if any of the following occur:
 - Continuous bleeding
 - Pain increases and/or does not respond to medication after 24 hours
 - Bandage or cast appears too tight
 - If you have any questions at all
- Call your doctor's office to schedule your follow up appointment in _____ days.

Call our central scheduling line for convenient appointment scheduling 630-510-6929

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DuPage Medical Group 24 hour Answering Service: 630-469-9200