



Pre & Post-Operative Instructions

Prior to your surgery date (3-4 days), an antibiotic will be called into your pharmacy. A prescription for pain medication will be written and dispensed on the day of surgery. We advise to begin taking the antibiotics one day **BEFORE** your procedure and start taking the pain medication **AS SOON AS** you get home from your procedure. *Take all medications as prescribed.* Should you experience break through pain, Aleve or Advil may be taken. However, this may not apply to all surgery patients. When your surgery is confirmed, you'll be informed if you should be required to take an antibiotic.

ICE AND ELEVATION. Apply ice to the top of the foot. Always cover the ice pack with a small towel, **DO NOT** allow dressing to become wet. **ELEVATE** your foot **OVER THE LEVEL OF YOUR HEART.** Occasionally bend your knees and rotate your ankles if your dressing allows, this will increase the circulation to the foot.

****NO** ASPIRIN OR PRODUCTS CONTAINING ASPIRIN FOR 7 DAYS PRIOR TO YOUR SURGERY.** However, *Tylenol is an acceptable choice.*

If you are taking a blood thinner, such as Coumadin, you may need to stop taking them prior to surgery. This will need to be determined by your primary care provider.

Please **DO NOT** wear any nail polish on the day of surgery.

KEEP DRY!!! If at any time your bandage becomes wet, contact our office immediately. Bandages will need to be changed to decrease any chance of bacteria and/or infection.

You have had a surgical operation; swelling and bruising are expected. In some cases, the skin may take on a bruised appearance. This is no cause for alarm.

DO NOT sit with your feet hanging down. **DO NOT** cross your legs. This cuts off circulation to the feet and can cause swelling. **DO NOT** remove the surgical bandages unless instructed by your physician.

CALL YOUR PHYSICIAN FOR ANY PROBLEM. Some examples: If the bandage shows excessive bleeding, any problems you may experience with medication, or should you bump or injure the surgical site.

For the first 24 to 72 hours, you may walk to the bathroom, kitchen, etc. After 72 hours, you may increase walking to your comfort, but remember the more you are on your feet, the more they have a tendency to swell, and the more discomfort you may experience.