

family foot docs

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We are very much concerned with your prompt and complete recovery. In order to prevent possible complications and to help you achieve the best results, we, at family foot docs urge you to follow these instructions carefully.

1. Upon arrival home, rest and elevate foot when seated. Doing this decreases bleeding and swelling.
2. **Keep your dressings dry overnight.** The dressing may become bloody. DO NOT let this concern you. This is normal. You may change the dressing if overly soiled. Call the office if you are overly concerned. **816-452-1211**
3. When using antibiotic cream or ointment, soak in warm soapy water (mild soap) for 10 minutes twice a day. Dry area thoroughly then apply ointment and light dressing and a BAND-AID.
4. You should be return to normal activity to your tolerance tomorrow.

MEDICATIONS

Typically, discomfort from your procedure is relieved with aspirin or Tylenol. In addition, start icing as soon as possible after the surgery to help prevent pain. You should ice for 15 minutes at a time and do this twice daily as needed.

REDNESS

Expect to see some redness, inflammation and drainage localized to the surgical site. This drainage will be a thin yellow tinged color. If the toe becomes infected the redness and swelling will involve more of the toe you will experience an increase in discomfort.

STAY CLEAR OF PETS, AS THEY ARE HEAVY CARRIERS OF POSSIBLE STAPH INFECTION.

CALL YOUR DOCTOR IMMEDIATELY AT 816-452-1211 IF:

1. Persistent bleeding occurs through the bandage.
2. Redness or streaking appears on your foot, ankle or leg.
3. You develop a fever (over 100 F).
4. Heavy, thick discolored drainage.

Your next follow-up visit is scheduled on:

Date: _____

Time: _____ AM/PM