

ICE & ELEVATION

Ice and elevation are both used to limit the amount of swelling in your foot. Apply ice above your ankle; leave the ice on for twenty minutes, then off for twenty minutes continuously for 24 hours, while awake. Keep your foot elevated about heart level at all times whenever you are sitting or lying down. Continue to ice at least two times a day until you see the doctor.

CALL OUR OFFICE IMMEDIATELY IF:

- ❖ Persistent bleeding occurs through the bandage
- ❖ Your bandages get wet or come off
- ❖ Redness or streaking appears on your foot, ankle, or leg
- ❖ You develop a fever (over 100F)
- ❖ Your pin backs out
- ❖ You injure your foot

Please feel free to contact the office at any time should you have any questions or concerns. For your convenience, the doctor is available 24 hours a day by calling our office at 816-452-1211 and follow prompts.

family **foot** docs



Dr. Kori Taylor



Dr. Thomas Hewitt

Surgery Instructions

Family Foot Docs
6717 N OAK TRAFFICWAY
GLADSTONE, MO 64118

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Surgery

Surgery is the branch of medicine that employs operations in the treatment of disease or injury. Surgery can involve cutting, abrading, suturing, or otherwise physically changing body tissues, organs, and bones.

In the event, surgery is needed; Family Foot Docs will be dedicated and committed to render the absolute best possible care to our patients. To achieve the best surgical results, please follow these instructions carefully.

Pre-Operation Instructions

BEFORE SURGERY:

- ❖ **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** the day before your surgery.
- ❖ Be at the hospital/surgery center two hours prior to your schedule surgery or as otherwise instructed.
- ❖ Arrange for someone to accompany you to the hospital/surgery center and drive you home.
- ❖ **YOU WILL NEVER BE ALLOWED TO DRIVE YOURSELF AFTER YOUR SURGERY!!!**

Post-Operation Instructions

After Surgery

- ❖ Post operative shoe must be **WORN AT ALL TIMES**.
- ❖ **NO SHOWERS OR BATHS!!!** A sponge bath is acceptable.
- ❖ Keep your feet and legs elevated as much as possible.
- ❖ Apply an ice bag above the surgical area. (Do not place directly on the surgical site) Apply the ice 20 minutes on and 20 minutes off or as directed for the first 24-48 hours.

POSTOPERATIVE SHOES

Always wear your post operative shoe(s) whenever you walking or standing, even for short distances. If you have a walker, wheel chair, or crutches, use as directed.



DRESSINGS

Keep your dressings clean and dry. Do not remove them. If pins have been used in your surgery and they are visible, do not disturb them. Should a pin back out slightly, DO NOT ATTEMPT TO PUSH BACK IN; call to schedule an appointment promptly.

MEDICATIONS

Please take all medicines as directed. It is best to take your medications with meals. If you cannot tolerate a prescribed medication, please contact the doctor immediately. Do not drive while taking prescribed pain medications. Do not consume alcoholic beverages while taking prescription medications. Do not smoke for the first 24 hours post-operatively.

BLEEDING & SWELLING

Following your surgery, some bleeding may show through the bandage. This is not cause for alarm. In the event bleeding persists, please contact the office. In the days after your surgery, a limited amount of swelling is to be expected. Parts of your foot may also appear to be bruised or “black and blue”. These are both normal reaction to your surgery and will disappear with time.

ACTIVITIES

Since most postoperative pain is attributed to initial swelling, you will be much more comfortable by limiting your activities. Limit your walking to short trips until after your first post-operative visit.