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Foot Surgery



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PATIENT DISCHARGE INSTRUCTIONS

WOUND CARE - The doctor has taken great care to see that your wound has been inspected, cleansed and sutured properly. It is your responsibility to keep it clean & dry until the next appointment which is within three days. Do not wet this dressing. Do not soak unless the doctor specifically told you to do so.

Elevation above the level of the heart reduces pain & swelling. Do not overuse the part until instructed by the doctor. Keep the area bandaged to protect it from being damaged.

Despite the greatest care, wounds can become infected. **WATCH FOR SIGNS OF INFECTION: REDNESS, PUS, INCREASING RATHER THAN DECREASING PAIN AS TIME GOES BYE.**

If, any of these signs appear, contact us at once!!

TETANUS INFORMATION - For your information, you have received a booster injection of 0.5 cc tetanus/diphtheria today. DATE-----

SPRAINS & BRUISES - Remove all jewelry from affected limb. Keep injured part elevated as much as possible for -----days. Use cold compresses for 10-15 minutes every two (2) hours while awake. After 48 hours use warm soaks. Use elastic bandage and reapply if necessary and adjust if too tight or too loose. If, pain persists or increases call the doctor for an appointment.

FRACTURES- Keep the casted extremity elevated on two (2) to three (3) pillows as much as possible for the first 24 hours. Have someone place a small suitcase between the boxspring & mattress to keep the foot elevated at night. Exercise toes for 5 - 10 minutes every hour. Keep cast / splint completely DRY and make sure you do not get it WET! Keep it on until you are seen by the doctor. DO NOT walk on the cast or place any pressure on it until told to do so by the doctor. Keep it on until you are seen by your doctor for follow-up.

NAIL SURGERY- You will need to soak the foot with two tablespoonful of white vinegar mixed in one (1) quart of tepid water for 15 -20 minutes twice a day until the redness and pain have resolved. You may use EPSOM SALT OR Table salt mixing one teaspoonful in a quart of water. If, you are given a prescription for soaks follow the package insert for mixing instructions.

IF EXCESSIVE PAIN, NUMBNESS, BLUISH COLOR, BLANCHING OR INABILITY TO MOVE THE TOES CONTACT THE DOCTOR IMMEDIATELY OR GO TO THE EMERGENCY ROOM AT HUNTINGTON HOSPITAL 270 PARK AVENUE, HUNTINGTON, NY 11743 - PHONE (516) 271-2300.

IF, YOU ARE TO USE CRUTCHES YOU MUST BE INSTRUCTED HOW TO WALK WITH THEM. IMPROPER USE OF CRUTCHES CAN RESULT IN DAMAGE TO THE NERVES IN YOUR HANDS OR RESULT IN INJURY FROM A FALL.

If, a cast has been applied you will need to see the doctor within 24-48 hours for a cast check.

The medication you have been prescribed can cause drowsiness. Do not drive, work around machinery or drink alcohol. To reduce fever / pain take TYLENOL -one tablet every four (4) hours as needed by mouth.

You have been prescribed an antibiotic. It is important you finish all the medicine in order for it to be effective even though you feel better. Antibiotics should be taken one (1) hour before meals or two (2) hours after in order to be effective.

MIXING ANY PRESCRIPTION MEDICATION WITH ILLEGAL DRUGS SUCH AS COCAINE OR MARIJUANA MAY RESULT IN SERIOUS INJURY OR DEATH !!!