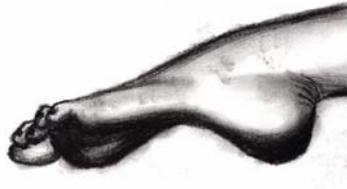


~~ROBERT OROPALL, D.P.M., F.A.C.F.A.S.~~

~~JODY PETER McALEER, D.P.M.~~

820 Lydig Avenue – Bronx, NY 10462

Telephone: (718) 792-5900



## Post-Operative Instructions Following Foot Surgery

### BANDAGE/DRESSING:

- Keep your Dressing **Clean, Dry** and **Intact** at all times
- Some Bleeding through the dressing may occur – **THIS IS NORMAL**
- Call the office if excessive bleeding occurs
- Use a waterproof plastic bag or Shower Guard to protect the dressing while bathing
- Wear post-operative surgical shoe to protect the dressing

### WALKING/ACTIVITY

- Walk with assistive devices always (Sx Shoe, Cane, Crutches, etc.)
- Limit activities to bathroom use, bathing and eating at home for 72 hours
- Keep foot elevate when at rest on 1-2 pillows above the level of the heart  
– This will reduce pain and swelling and allows for better healing

### MEDICATIONS

- Begin pain medication as directed when you return home from surgery
- You may further supplement your pain medication with Advil 400-600mg every 8 hours. **DO NOT use Tylenol** (Acetaminophen) - your primary pain medication contains this compound.
- Benadryl 25mg may be taken as well to help reduce nausea and pain
- Begin taking the prescribed antibiotic the evening following surgery and continue the medication until it has been completed. This reduces the risk of infection

### FOLLOW-UP

- Call the office the next business day to confirm your follow-up appointment (718) 792 5900
- After business hours, use this phone number for emergencies only