

**POST OPERATIVE INSTRUCTIONS (MINIMAL INCISION SURGERY)
FOOTCARE, P.A.**

PATIENT NAME: _____ **DATE:** _____

1. The area may remain numb for an extended period of time. You may notice a throbbing when the area is no longer numb. This is a normal sensation and you need not be alarmed.
2. Keep your foot (feet) elevated whenever possible. If necessary you may place an ice pack over the area for short periods of time. ***Do not go to sleep with an ice pack on your foot.***
3. Minimal staining or bleeding is normal occurrence. Do not be alarmed.
4. Bandages should remain clean and dry for the first 24 hours. After 24 hours you may remove the bandages and begin Betadine soaks (see below). If the bandages seem difficult to remove, immerse your foot (feet) in a solution of ½ cup white vinegar and 1 gallon warm water. This will make the bandages easier to remove.
5. You may use Band-Aids on the area during the day, but remove them at night while sleeping.
6. Pain medications should only be taken if needed and only ***as directed.***

Post Operative visits are very important. This is so the healing progress can be closely monitored and potential problems avoided. PLEASE KEEP YOUR APPOINTMENTS.

BETADINE SOAK: Mix 2 tablespoons of solution with 3 quarts warm water. Soak your foot (feet) for 30 minutes every day, until your first post-operative visit.

CALL THE OFFICE AT ONCE IF:

- **There is excessive pain not controlled by pain medication or ice packs.**
- **Excessive bleeding occurs.**
- **Bandages seem tight and you experience pain and/or numbness.**
- **Bandages get wet or fall off.**
- **Persistent swelling occurs, despite elevation and ice packs.**
- **Fever or chills.**
- **Any unusual occurrences that can cause concern.**