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Patient Name \_\_\_\_\_ DOB: \_\_\_\_\_ DATE: \_\_\_\_\_

## Post-Operative Instructions for Home Care After Surgery

1. Go directly home and keep your feet elevated on the way, best you can.
2. Elevate your foot/feet six inches above hip level by supporting your feet and legs with pillows.
3. Apply an ice bag covered with a towel on your dressing for ONE HOUR ON & ONE HOUR OFF. Only when you are awake.
4. Limited swelling is expected; occasionally, the skin may take on a bruised appearance with in the first 4 days. This is NO cause for alarm and is normal. Bruising is most likely to occur and can take several days to appear.
5. Keep your bandages/cast CLEAN & DRY. Do NOT remove the bandages and/or cast.
6. A small amount of blood on the bandages is normal.
7. Cover the bandages however necessary when taking a bath or shower as to not get them wet.
8. Have prescriptions filled and take medications as prescribed if experiencing pain. (If medications cause stomach upset, headache, rash or abdominal reactions, discontinue their use and CALL YOUR surgeon for other recommendations.
9. Cease the use of alcoholic beverages and smoking.
10. Ambulation instructions: You may walk as necessary \_\_\_\_\_ weight bearing left/right with \_\_\_\_\_ only as tolerated.
11. You should get plenty of rest with the foot elevated. Drink plenty of fluids and eat your regular well balanced diet.
12. Bedding may be kept from irritating the surgical site by using a cardboard box to cradle the covers over the feet, if necessary.
13. If you have a drainage tube, replace the cartridge every 12 hours. Once the tube has been on for so many hours it will lose its vacuum and stop working. Replacing the tub with a new cartridge helps and will help promote your healing.
14. If you have problems or concerns please call the Office (456-3668) during the week or **YOUR** surgeon **Dr. Quayle** (Cell 590-9212) or **Dr. Huntsman** (Cell 208-757-1315) after regular business hours.
15. Call YOUR surgeon IMMEDIATELY if:
  - a. The bandages become overly stained.
  - b. Your medications do not stop the discomfort.
  - c. You should bump or injure the surgical site.
  - d. You develop a fever over 100 degrees.
  - e. You get your dressing wet.
  - f. If there is a change in the color of your toes as a loss of circulation (blue or white). Not bruising, this is normal.

Additional instructions: \_\_\_\_\_.