POST-OPERATIVE   INSTRUCTIONS

Proper care during the postoperative period is an integral part of your surgical treatment program. It is imperative that these instructions are followed to insure proper healing and to obtain best results.

Go directly home and keep your feet elevated on the way.

Elevate your feet six inches above the hip level by supporting feet and legs with pillows

Apply an ice bag covered with a towel just above, but not on, the operative site - 20 minutes on followed by 20 minutes off for the first 48-72 hours after surgery.

Limited swelling is expected. Occasionally, the skin may take on a bruised appearance. This is no cause for alarm.

Keep bandage/cast clean and dry. **Do Not remove the bandages or inspect the wound.** A small amount of blood on the bandage is normal. Do not take the advice from family, friends, or neighbors.

Exercise you legs frequently by bending your knees to stimulate circulation and healing.

Have prescriptions filled and take medication as directed. If medication causes stomach upset, headache, rash, or other abnormal reactions, discontinue use and **CALL THE DOCTOR.**

Do not use **alcoholic beverages or tobacco** until your surgery is 100% healed.

You should limit walking for the first 72 hours post-op.

Get plenty of rest with foot elevated. Drink plenty of fluids and eat regular well-balanced meals.

If you have any problems or concerns you can call the office any time. There is a doctor on call 24 hours a day. Call the office **IMMEDIATELY** if :

>   The bandage becomes overly stained
>   Your medications do not stop the discomfort
>   You bump or injure the surgical site
>   You develop a fever of 100 degrees
>   You get your dressing wet

Call the office to confirm your next appointment
If there is an emergency after office hours you can call Dr. Krestik at 859-221-7632 or Daniel Albertson at (859)229-2779 at any time.

I have read and understand these instructions.

Patient Signature _____ Date _____

Witness _____ Date _____