



# Foot & Ankle Associates Inc.

Edward D. Williams, D.P.M.\*

William J. Blake, D.P.M.

Jason W. Rockwood, D.P.M.

\*Diplomate, American Board of Podiatric Surgery

Certified in Foot & Ankle Surgery

\*Diplomate, American Board of Podiatric Orthopedics

\*Board Certified American Board of Disability Analysis

## POST OPERATIVE INSTRUCTIONS

1. **Keep your bandages dry. Do not remove your bandages.**
2. **Keep your foot elevated, this will help reduce swelling and pain.**
3. **Keep an ice pack on top of your ankle. Do not get bandages wet. Wrap ice pack in a dish towel. Put ice on your ankle for 30 minutes then take it off for 30 minutes. Then repeat for three days.**
4. **Don't be on your feet more than you are supposed to be.**
5. **Wear your surgical shoe at all times, even to bed.**
6. **Take your medications as ordered by the doctor. One medication reduces the swelling that helps keep the pain away. Take the whole week whether it hurts or not. The 2<sup>nd</sup> medication is for excessive pain if you need it. If you have been given antibiotics take them until they have all been taken.**
7. **Rest according to the doctor's instructions, this is very important for good recovery.**
8. **Some bleeding into the bandage is not unusual. It will dry and turn brown. If it stays PINK and FRESH after 24 hours, contact the office.**
9. **Your follow up visits and instructions are just as important as the surgery itself.**
10. **If you have any questions or problems, PLEASE CALL 982-0123 (Santa Fe) or 454-0123 (Las Vegas) or our toll free #, 1-888-982-0123.**