



Orthopaedic Specialists of Modesto

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DISCHARGE INSTRUCTIONS FOR FOOT SURGERY

General Anesthesia

AFTER YOUR SURGERY:

1. Elevate your foot on 2-3 pillows for 3-4 days, six inches above your heart.
2. Support full length of leg with additional pillows as needed.
3. Use of foot: walk only as directed with crutches or walker and shoe that is provided.
4. Other: _____

ACTIVITY:

1. Do not drive or operate any equipment on the day of your surgery. The effects of anesthesia and/or medication are still present and drowsiness may occur.
2. Take deep breaths and cough 4-5 times per day for 1 week.
3. Limit activity; no strenuous exercise or play without your physician's approval.

DIET:

1. Drink lots of nonalcoholic liquids and then begin a light diet.
2. Resume a normal diet the day after your surgery.
3. Other: _____

WOUND CARE:

1. Do not remove dressings or get them wet until after follow-up appointment with your physician.
2. Other: _____

BATHING:

1. Sponge bath, shower, or tub bath is OK but keep your foot dry.
2. Avoid soaking in a bathtub, pool, or spa for 2 weeks.

IF TAKING ORAL PAIN MEDICATION:

1. Follow instructions for use printed on prescription.
2. Do not take pain medications on an empty stomach.
3. Do not drive or drink alcoholic beverages when taking pain medication.
4. If medication causes a reaction such as nausea or skin rash, stop the medication and call your physician.

CALL PHYSICIAN FOR:

1. Temperature above 101 degrees or severe chilling.
2. Persistent nausea and vomiting.
3. Pain not relieved by oral medication.
4. Excessive bleeding or drainage on the dressing.
5. Any signs of infection at the incisions (redness, hot to touch, or tenderness). Some redness and swelling is normal.
6. Swelling, coldness, paleness, or blue color of toes (compare to your other foot).
7. Numbness or tingling in the operative foot after initial numbness following surgery has worn off.

•Your surgeon can be reached at 524-4438, ext. 120 or 121, if you have any of the above problems or have any questions.

Please make a follow-up appointment at your surgeon's office in 7-10 days.