



Discharge Instructions After Foot, Ankle or Leg Surgery

FOLLOWING YOUR PROCEDURE YOU MUST REMEMBER...

- It is preferable to rest for 24 hours following the procedure.
- Do not drive any vehicle, ride a motorcycle or operate heavy machinery for 24 hours following the procedure.
- Do not drink alcoholic beverages (beer and wine included) for 24 hours following the procedure.
- Delay making important decisions until you are fully recovered.
- Have a sponsor drive you home.

DRESSINGS:

- Keep your dressing dry and clean. Your doctor will change it at your next appointment.
- Keep your foot elevated and apply ice as needed: this will help to keep the swelling down.

BATHING:

- You may shower over this area after your sutures/staples have been removed. Until then cover with plastic bag when showering or sponge bathe.

ACTIVITY:

- Do not bear any weight on this leg: you will be given crutches in order to walk.

DIET:

- You may return to your normal daily diet.

MEDICATION:

- Take Medication as directed by your physician.

**IF YOU HAVE ANY QUESTIONS ABOUT YOUR SURGERY
PLEASE CALL OUR OFFICE AT
440.285.4999 (CHARDON)**