



## Discharge Instructions After Foot, Ankle or Leg Surgery

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### **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 or while taking narcotic pain medications.
- 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.
- You may resume your routine medications.

### **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.
- Avoid spicy or fatty foods at first.

### **MEDICATION:**

- Take Medication as directed by your physician.

### **Call you physician for:**

- Persistent or heavy bleeding
- Large amount of swelling or redness
- Temperature above 100 degrees
- Unusual odor
- Severe pain at operative site
- Increasing drainage from surgical site

**IF YOU HAVE ANY QUESTIONS ABOUT YOUR SURGERY  
PLEASE CALL OUR OFFICE AT 440.285.4999.**