



KANSAS CITY  
PODIATRY  
ASSOCIATES

## OUTPATIENT POSTOPERATIVE INSTRUCTIONS

1. **Thank you** for choosing us for your foot care. Your postoperative care is very important for optimum results. If you have any questions or concerns about your instructions, please call our office or after hours you may page your doctor at his number listed below.
2. Bed rest with foot **elevation** is required the day of surgery and the next day. This is to keep the swelling down. Remain off your feet as much as possible during the first 48-72 hours. The foot must be above the heart anywhere from 6-12 inches. Pillows should be placed lengthwise with uniform pressure under the lower leg. The knee is slightly flexed for comfort. A folded blanket or telephone books under the mattress may help. Continued and periodic elevation is required throughout the postoperative course. When back at work you may be required to elevate during breaks and at the end of the day.
3. Place **ice** in plastic bag with towel, to absorb condensation, and apply to ankle 20 minutes each hour today. This may be continued during the day for an additional three days. This will reduce postoperative discomfort and keep the swelling down.
4. **KEEP THE BANDAGE CLEAN, DRY AND INTACT!** Some bleeding may occur through the dressing. When indicated separate instructions for soaking are given. If there is excessive swelling, the bandage may become tight, and you may be asked to loosen it at an area away from the surgical site.
5. Driving is not recommended on the day of surgery. Major operations preclude driving for about a week. If left foot has been operated on, you may drive vehicles equipped with automatic transmissions. If the right foot is in a surgical shoe, driving is awkward and dangerous. Use extreme caution if you must drive. **DO NOT DRIVE WHEN TAKING ANY PRESCRIBED PAIN MEDICATION!**
6. **CALL THE OFFICE OR YOUR DOCTOR'S PAGER AT ONCE IF:**
  - a. There is excessive swelling/pain, not controlled by elevation, medication and/or ice.
  - b. Excessive bleeding occurs (spotting of blood is common).
  - c. Toes become dark/bluish in color.
  - d. Fever/chills occur.
  - e. Bandages get wet or fall off, or if it is too tight.
  - f. Anything unusual happens that concerns you.
7. Your follow-up appointment is on \_\_\_\_\_. Please confirm this with the office today or tomorrow. Additional instructions:\_\_\_\_\_.
8. Thank you and **best wishes** for a **speedy recovery!**

Dr. Jeff Roith      Office: 913-894-4040      Toll Free: 1-866-767-3338      Cell: 913-515-2215

Patient/Responsible Party's Signature: \_\_\_\_\_ Date \_\_\_\_\_