

# REDWOOD PODIATRY GROUP, INC.

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3258 Timber Fall Court  
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## Post-Operative Instructions

### Weight Bearing Status:

- Full Weight Bearing**
- Non-Weight Bearing** – This means absolutely **NO** weight is to be put on the surgical foot until directed otherwise.
- Partial Weight Bearing** – A little weight can be put on the heel or toe of the surgical foot until directed otherwise.

### Assistive Devices:

- Crutches**
- Fiberglass Cast**
- Post-Op Cast Boot**
  - To be worn at all times, including while sleeping.
  - To be worn when walking, but may be taken off while elevating or sleeping.
- Post-Op Shoe:** To be worn when walking, but may be taken off while elevating or sleeping.
- Other:** \_\_\_\_\_

### Activity Level:

- Limited Activity:** Only 50% of normal activity level, using above assistive device(s), and keeping foot elevated as much as possible.
- Restricted Activity:** Restricted to moving about to eat and going to the bathroom. You must use the above assistive device(s) and keep the foot elevated.

**Icing:** Do **NOT** leave the ice pack on your foot/knee when you go to sleep.

- Ice at the foot / ankle, above your dressing, for up to 20 minutes every hour for the first 4-5 days.
- Ice behind your knee for up to 20 minutes every hour for the first 4-5 days.

### Estimated Work Status:

- Off work: Date Range: \_\_\_\_\_ OR: \_\_\_\_\_ weeks.
- Return to limited duty: \_\_\_\_\_

Patient prognosis and recovery is dependent on cooperation and compliance with postoperative instructions. Sign below to acknowledge full understanding of the above instructions.

Dr. \_\_\_\_\_ : \_\_\_\_\_ Date: \_\_\_\_\_

Patient: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

Printed name of Patient: \_\_\_\_\_

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## Surgical Instructions

### Prior to surgery:

- Cease smoking for at least one week prior to surgery for improved healing.
- Communicate with your primary care physician regarding any medications you may need to discontinue prior to surgery (this typically includes blood thinners such as Aspirin, Coumadin (Warfarin), and Plavix). Make sure to determine when you can begin taking these medications after surgery.
- Fill any prescriptions you will need post-operatively so they are ready for you.
- Make arrangements to pick up any assistive devices the doctor has ordered for you.
- Make sure your primary care physician and podiatrist are aware of any implants in your body. This includes hip, knee, and shoulder replacements and breast implants. Also inform them if you have a heart murmur or prosthetic heart valve.
- If you will need to apply for State Disability let the office know so they can provide you with the form to complete. Your podiatrist will need to complete his/her portion of the form and it will be mailed out after your surgery. If you will need FMLA or any other forms completed, please provide them to our office as soon as possible.

### Day of surgery:

- Make sure you have nothing to eat or drink after midnight prior to your surgery. The only exception is if you are taking medication for your heart, anxiety, or chronic pain. In this case you may take the medication with the smallest sip of water possible. All other medication can wait until you arrive home after your surgery. Be aware that your surgery can be cancelled or postponed if you fail to follow this.
- Make arrangements for someone to pick you up from the hospital. You will **not** be able to drive yourself home.

### After surgery:

**Alcohol/Tobacco:** Refrain from alcohol consumption and tobacco usage for at least 8 weeks post-operatively. These substances can significantly slow your healing.

**Bandages:** Your bandages need to remain clean, dry, and intact. Do not take them off. Your doctor will change them at your post-op appointments, and remove any sutures. It may be helpful to use an oversized sock to place over your bandage to keep your foot warm and to keep your dressing from coming off while sleeping. If you accidentally get your dressing wet, please call the office for instructions.

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**Bleeding:** There may be some bleeding through your dressing the day of surgery. This is normal. If the bleeding continues after elevating your foot, contact our office immediately.

**Bruising/Swelling:** Swelling and bruising on the ankle, foot and toes is normal. You may notice this for 2-4 weeks following surgery.

**Elevating:** Keep your surgical foot elevated at heart level. Prop your foot on pillows to get to this level, with your knee slightly bent. You will need to do this for 3-7 days after surgery, and possibly longer if you notice there is still swelling.

**Emergencies:** Contact our office if you have a significant increase in pain, notice red streaking from the bandage area, feel nauseated, or have fever or chills. If you call after hours the answering service will put you in touch with the doctor on call.

**Numbness:** Your foot may stay numb for 6-8 hours after surgery. In some cases, this can last anywhere from a couple of weeks, and up to 6 months after surgery. This is normal and nothing to be worried about.

**Pain Medication:** Take your pain medication as directed by your doctor. Be sure to have food in your system prior to taking it to prevent stomach upset. Make sure to give our office plenty of notice to refill your medication. Some medications cannot be called in to your pharmacy so a written prescription will need to be picked up and taken to them.

**Showering:** Place a plastic bag over the foot, close with a wide rubber band or water proof tape, wrap a towel over that bag and cover with a second bag being sure to secure the top of the bag with a wide rubber band or water proof tape as well. This process works well for a quick shower. It will NOT keep the dressing dry if you completely submerge your foot in a tub of water. You may also purchase a cast/bandage cover from your local pharmacy. It is also recommended that you sit on a chair while in the shower or on a non-skid stool if possible.