

ADVANCED CARE FOOT & ANKLE

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Post-Op Foot Surgery Instructions

1. Go directly home and elevate your feet on the way if possible.
2. Upon arrival at home, remember the two most important things you can do in the first 24 hours:
3. Elevate your feet above the level of your heart.
4. Take your pain medications as directed.
5. A limited amount of pain and swelling is expected. In some cases, the skin may take on a bruised appearance. This is no cause for alarm.
6. The deep dressings are soaked in Betadine (a brown liquid) to maintain a sterile wound. This may soak through and appear as blood – it is not. Notify us at once if the bandage feels excessively tight.
7. Keep the dressings dry and clean. Do not remove bandages to inspect the operated area for any reason.
8. Have prescription(s) filled before your surgery and take medication as directed. If medications cause stomach upset, headache, rash, or any other abnormal reactions, discontinue their use and call the Doctor.
9. Exercise ankles and knees frequently to stimulate circulation and healing.
10. Curtail use of alcoholic beverages and smoking.
11. Elevate feet above the level of your heart by supporting the feet and legs with pillows. Do not impair circulation by placing firm pillows directly behind knees.
12. You may apply ice to your foot or behind your knee to help decrease the pain and swelling.
13. Bedding may be kept from irritating operated feet by using a cardboard box to act as a cradle over your feet.
14. Having performed the operation, we are interested in your prompt recovery. Please cooperate with us by following the directions above.
15. Call the office for your next appointment.