

Patient Name: _____

Post Op Care

Foot & Ankle Surgery

- ❖ Most importantly, go home and rest.
- ❖ Elevate your foot to heart level as much as possible.
- ❖ You may use ice to help with pain.
 - Note: Frozen peas work great
- ❖ Loosen and rewrap ace bandage in 4-5 hours, but do not remove the dressing.
- ❖ Do NOT bear weight on your foot unless specifically told to do so (touch down for balance is okay)
- ❖ You may bathe, but you MUST keep the dressing dry.
- ❖ Avoid making important decisions or driving until you are no longer taking prescribed pain medication. You may take 2 Extra Strength Tylenol every 6 hours as needed for pain. DO NOT take more than six (6) tablets in a 24-hour period.
- ❖ Take 1 Aspirin 325 mg per day after surgery
 - Crutches or walker as needed
 - Post op shoe

Post-op Appointment Date & Time: _____

Location: Shrader Road St. Francis

Call our office at (804) 270-1305 ext. 4052 at any time should you experience any complications, especially if you develop a fever about 101 degrees Fahrenheit.


William Van Manen, MD

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