



Post-Operative Instructions

Lower Extremity Surgery

- Be sure to lay down with your feet elevated up above the level of your heart for up to 2–3 hours in the morning and 2–3 hours in the afternoon.
- Ice your operative site for 72 hours after surgery. You can leave ice on the site for 30-45 minutes at a time if it is not uncomfortably cold. Ice the site 3 to 4 times each day.
- If you have a cast or bandage, please keep it clean, dry, and intact.
- If you develop increasing pain in your toes, poor circulation or altered sensation in your toes after your block wears off, call the office immediately.
- Walk a little bit more each day as your pain and endurance allow.
- Your weight bearing is _____. Use your walker or crutches as needed.
- Use the prescribed anti-coagulant to reduce your risk for developing a blood clot.
- Follow up with me on _____ @ _____.
- Call with questions. (804) 288-3136, Extension 11050.



**Stronger
starts
here.**

Harry J Shaia, MD

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