

Lakes Orthopaedics, P.A.

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POST-OPERATIVE INSTRUCTIONS
DR. BEN BUREN

After your surgery, the instructions listed bellow should be followed carefully. They have been designed to insure proper healing and maximum comfort.

1. For the next 48 hours, you should remain off of your feet. Your legs should be elevated to the level of you hips, or higher if possible.
2. Apply an ice pack covered by a towel on your dressing for 30 minutes out of every hour for the next 48 hours. A gel pack or zip lock plastic bag with ice cubes works well.
3. Swelling and bruising is expected and normal. Sometimes black and blue discoloration may appear in other parts of the foot than where the surgery was performed.
4. Keep your bandages **clean and dry**. **Do not remove your bandages for any reason** unless told by the doctor. If the bandage becomes loose or wet, contact the office immediately.
5. A small amount of blood on the bandage can be expected. If bleeding is persistent or excessive, please call the office.
6. Always use the surgical shoe for walking (it may be removed while sitting or in bed). Use crutches or walker as instructed. Don not walk more than is necessary, especially in the first week after surgery.
7. Before you get up to walk, dangle your feet for a few minutes.
8. Take all medications as directed. If medication causes stomach upset, rash, or other problems, stop taking it and call Dr. Buren.
9. Curtail the use of alcohol and tobacco. **Smoking will slow the healing of your surgery!**
10. Get plenty of rest with your legs elevated. Drink plenty of fluids and eat a well balanced diet.
11. You can call the office at anytime if you have any problems or concerns. You should call especially if you experience any of the following:
 - a. You get the bandages wet
 - b. You fall or bump the surgical site
 - c. You develop a fever
 - d. The medication does not decrease the discomfort
12. Please make follow up appointment with the office **3** days after your procedure.

Business hours Monday –Thursday 7:30 a.m. to 5:00 p.m.

Fridays 8:00a.m. to 3:00p.m.