

ATLANTIC FOOT & ANKLE CENTER

William H. Simon, D.P.M.*

Joseph V. Bava, D.P.M.*

Michael J. Rayno, D.P.M.

*Board Certified

Podiatric Medicine & Surgery

Reconstructive Foot Surgery
Sports Injuries of the Foot and Ankle
General Foot Care
Diabetic and Arthritic Foot Care
Joint Replacement
Surgery of the Foot
Nail/Skin Disorders
Foot and Ankle Trauma

Post-op Instructions

Phase 1

You have just had surgery! Proper care during you post-operative period is an integral part of your surgical treatment, it is essential that these instructions are followed to ensure proper healing to obtain the best result. You will be visiting the office weekly for the next several weeks.

1. Bed rest post operatively will make you feel more comfortable. Limit standing and walking activities.
2. To avoid swelling of your foot:
 - A. Elevate your foot above the level of your heart as much as possible.
 - B. Apply ice packs or the dura cold packs covered with a towel to the front or back of your ankle for 20 minutes on and 20 minutes off while awake for the operated foot on a pillow. Sleep with the operated foot on a pillow.
 - C. Do not cross your legs.
 - D. Limit your activities on your foot as much as possible.
 - E. Do not stand in any one place for any length of time.
3. Pain- Take your prescribed medications as directed. If you have pain take pain medication as frequently as they are prescribed. Do not drink or drive while taking your pain medication. Do not make any important decisions or sign legal papers at this time. If the discomfort after surgery is slight, take Extra Strength Tylenol or Tylenol every four hours. This may be substituted for the stronger prescribed medicine. If an antiinflammatory medication has been prescribed, take as directed.
4. Bandages- Some bleeding may be observed on the bandage. Keep your bandages dry and clean. **Under no circumstances should you remove them or get the dressing wet.** You are not permitted to bathe or swim. If you are interested, a special waterproof sleeve is available to put over your foot.
5. Weight Bearing- Dr. Simon, Dr. Bava or Dr. Rayno will decide when you are allowed to bear weight on your foot. If you are permitted to walk **at all times** wear your surgical shoe/cam boot walker and keep the weight on the back of your foot. Wear your surgical shoe or cam boot walker to bed until instructed otherwise. You may have crutches or a walker. Use them as directed.
6. Driving- If you usually drive with the operated foot, you are not permitted to do so until instructed by Dr. Simon, Dr. Bava or Dr. Rayno.
7. You should get plenty of rest with the foot elevated. Drink plenty of fluid, eat a well balanced diet and take daily multi-vitamins. Vitamins A, C, and Zinc are suggested for wound healing along with your multi-vitamins.
8. When to call Dr. Simon, Dr. Bava or Dr. Rayno at 481-0898:
 - * Temperature of 101 degrees or greater.
 - * Excessive pain not controlled with pain medication.
 - * Nausea, vomiting.
 - * Adverse reaction to medication.
 - * Excessive bleeding with saturation of the bandages.

Patient Signature _____ Date _____

Patient voices understanding of Post-op instructions. All questions answered.

Instructions given by: _____

Hilltop Medical Center • 1788 Republic Road • Suite 300 • Virginia Beach, VA 23454

(757) 481-0898 • Fax (757) 481-2563

* Certified by the American Board of Podiatric Surgery



ATLANTIC FOOT & ANKLE CENTER

William H. Simon, D.P.M.*

Joseph V. Bava, D.P.M.*

Michael J. Rayno, D.P.M.

***Board Certified**

Podiatric Medicine & Surgery

*Reconstructive Foot Surgery
Sports Injuries of the Foot
General Foot Care
Diabetic and Arthritic Foot
Joint Replacement
Surgery of the Foot
Nail/Skin Disorders
Foot and Ankle Trauma*

Post-Op Instructions

Phase 2

Phase 2 begins when your wound is healed. Remember the bones and deep tissues are not yet healed, therefore you must limit your activities and protect your foot. Here are instructions to get you through the next several weeks.

1. You may bathe, but swimming is NOT allowed. No soaking at this point.
2. Avoid excessive standing and walking. Keep your weight on your heel when standing.
3. Driving is still not permitted with the operated foot.
4. Wear your post-op shoe/cam boot at all times even at night.
5. If you have a Darco splint wear this at all times except when bathing.
6. If you are experiencing swelling and pain this indicates you are too active and therefore must further restrict your activities. Elevate your foot above the level of your heart and take pain medication as directed.
7. Medications- Take medications as directed by your Doctor. Some medications may cause drowsiness. Do not drink alcoholic beverages, do not operate any machinery that would require your full alertness (i.e. driving a car, power tools, etc.) Do not sign any important papers or make any important decisions while taking these medications.
8. Those who return to work must restrict their activities to desk work with elevation of the foot.
9. Range of motion exercises- Begin wiggling your toes up and down- 10 repetitions for a minimum of four times a day preferably more.
10. Crutches/walkers may still be necessary.
11. When to call Dr. Simon, Dr. Bava or Dr. Rayno:
 - * Temperature of 101 degrees or greater.
 - * Excessive pain not controlled with pain medications.

**Hilltop Medical Center • 1788 Republic Road • Suite 300 • Virginia Beach, VA 23454
(757) 481-0898 • Fax (757) 481-2563**

* Certified by the American Board of Podiatric Surgery



ATLANTIC FOOT & ANKLE CENTER

William H. Simon, D.P.M.*

Joseph V. Bava, D.P.M.*

Michael J. Rayno, D.P.M.

***Board Certified**

Podiatric Medicine & Surgery

*Reconstructive Foot Surgery
Sports Injuries of the Foot and Ankle
General Foot Care
Diabetic and Arthritic Foot Care
Joint Replacement
Surgery of the Foot
Nail/Skin Disorders
Foot and Ankle Trauma*

Post-op Instructions

Phase 3

In Phase 3 you're wound and bone are now healed, however, the soft tissues are still tight. It is important now to reestablish the normal motion of the toe joints.

1. You will be prescribed exercises and/or physical therapy to help with this process. Please perform these exercises at least 4 times a day preferably more.
2. You are able to wear a regular shoe and may put weight on the front part of your foot. Do not wear any pointed or uncomfortable shoes. Sneakers, clogs and sandals work well.
3. Driving and swimming are now permitted.
4. It is not unusual to experience some continued swelling with increased activity. Elevate your foot above the level of your heart if this occurs.
5. When to call Dr. Simon, Dr. Bava or Dr. Rayno at 481-0898:
 - * If your foot becomes excessively red, swollen, or more painful.
 - * If you hear clicking noises with movement.

Post-op Instructions

Phase 4

In Phase 4 normal functions of your toe joint is slowly returning. Continue your range of motion exercises. Your activities are now unrestricted. Bear in mind that some swelling may still occur. In order to ensure you are continuing to do well, we ask that you return in 6 months or before if you are experiencing any problems.

**Hilltop Medical Center • 1788 Republic Road • Suite 300 • Virginia Beach, VA 23454
(757) 481-0898 • Fax (757) 481-2563**

* Certified by the American Board of Podiatric Surgery