**POST OPERATIVE INSTRUCTIONS**

Stay off your feet for the first 48 hours. Get up only to go to the bathroom or to get something to eat. When you are walking, wear the surgical shoe that we gave you. Use crutches if the doctor has supplied you with them. Do not wear slippers.

For the first 48 hours, keep feet elevated by lying down or sitting down with your feet on 2 or 3 pillows. The feet should be elevated whenever you are not standing to prevent excessive swelling.

If needed, take the medication the doctor has prescribed for pain. Pain medications may cause stomach upset so be sure to take the medication with food or milk.

Apply ice, in a plastic bag, to the ankle or top of the foot **{not directly on the incision }** for 30 minutes out of 60 minutes starting when you arrive home and up until the time you go to bed. Start again in the morning and continue until bedtime.

**KEEP THE DRESSING DRY!!**

Exercise the legs periodically by bending the knees and ankles to stimulate circulation and avoid muscle cramping.

**DO NOT:**

Do not change or remove the dressings. The doctor will do so on the first return visit.

Do not cross your legs. This cuts off the circulation to the foot and causes swelling.

Do not get the dressing wet. Call immediately if the dressing becomes wet. IT MUST BE CHANGED.