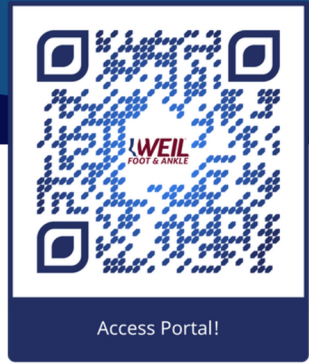


General Post-Operative Info.



General Post-Operative Instructions

The information below covers basic post-operative instructions and guidelines. Please call the office if you do not understand any of these instructions, need clarification, or have any questions or concerns. During business hours, please call (847)390-7666. An answering service is available 24/7.

General Information

- You must have a responsible adult accompany you and provide transportation home.
 - Some facilities may provide transportation. You will need to arrange this with the facility prior to your surgery.
- Do not sign any legal papers or make any legal decisions for 48 hours after surgery.
- Do not drink anything containing alcohol for at least 48 hours after surgery or while taking any pain medication.
- It is illegal to drive or operate machinery while in any cast, splint, or CAM walker boot.
- If you had local anesthesia or a nerve block for surgery, it is normal to experience pain when the aesthetic medication wears off.

Ice/Cryotherapy

- Ice packs may be applied behind the knee to cool the blood going to the foot and ankle.
- Ice packs may be applied up to 20 minutes every hour.
- Do not apply ice packs/cooling devices directly to your skin (use a towel as a barrier).

Surgical Dressing

- If pain/pressure persists in the foot and ankle, you may remove the outer Ace bandage, then reapply more loosely over the sterile gauze dressing.
- Keep dressing, splint, or cast clean and dry until your follow-up appointment.
- For bathing, cover the dressing with a plastic bag and secure it to prevent water from dripping into the bag. Call the office immediately if the dressing gets wet.
- Sutures are typically removed approximately two weeks after surgery.
 - Once sutures are removed, you can begin showering and washing your lower extremity.
 - Do not submerge your foot in water until 6 weeks postoperatively.

Normal Symptoms and Findings After Surgery

- Pain and warmth are normal.
- Bloody drainage and limited areas of numbness may be present around incisions.
- Bruising and swelling in the toes may occur.
- Low-grade fever (less than 100.5 degrees F) is common after surgery.
- Deep breathing exercises are helpful.

Call the office immediately if you notice any of the following:

- Fever of greater than 101 degrees F and/or chills
- Persistent unbearable pain or uncomfortable warmth or redness around the dressing
- Nausea and/or vomiting
- Pain, redness, or swelling in one or both legs
- Chest pain, calf pain, shortness of breath, or coughing



Dr. Jonathan Hook

Please note that instructions are provided for patients of Dr. Hook. Always consult your Board-Certified Podiatrist before making any decisions/changes to your care plan as each patient's situation is unique.