



The Austin Diagnostic Clinic
Department of Podiatry

POSTOPERATIVE INSTRUCTIONS AMBULATORY SURGERY PATIENTS

Location of Surgery: _____ Date of Surgery: _____

Contact Name & Phone Number: _____ @ 512-901-4947 _____ @ 512-901-7519
(Circle One) _____ @ 512-901-4954 _____ @ 512-901-3596

1. The foot may be numb for 2-3 hours. Do not be alarmed if it lasts longer than this. Please begin taking your pain medications as soon as you get home. Do not wait until you start to feel pain for it may take 45 minutes to one hour for your oral pain medications to begin to work. Additional measures that can help you in managing your pain/discomfort are:

- Complete bed rest for the first 24 hours after surgery
- Elevation of the affected limb with the knee slightly bent and the foot at or above chest level.
- Placing a leak proof ice pack over the surgical sight, or behind the knee.

2. The pain from surgery usually decreases significantly after the first 24 hours. It then should steadily improve to an itchy, burning feeling. If you are up on you feet, you may develop a throbbing pain in the affected limb. If this occurs, elevate the limb as mentioned above and apply ice.

3. Keep the dressing clean, dry and intact unless instructed by your physician to do otherwise. If you accidentally get your dressing wet or dirty please call for instructions. **DO NOT REMOVE THE DRESSING UNLESS YOU ARE INSTRUCTED TO DO SO BY A PHYSICIAN.**

4. For showering, place a plastic bag over the foot, close with a wide rubber band or water proof tape, wrap a towel over that bag and cover with a second bag being sure to secure the top of the bag with a wide rubber band or water proof tape as well. This process works well for a quick shower. It will NOT keep the dressing dry if you completely submerge your foot in a tub of water. You may also purchase a cast/bandage cover from you local pharmacy. You may also purchase one from your Podiatrist's office. It is also recommended that you sit on a chair while in the shower or on a non-skid stool if possible.

5. Please notify us immediately if there is:

- Unremitting pain after the first 24 hours that is not controlled by you pain medication.
- Drainage through the dressing
- Redness or pain coming up the leg from the affected foot
- Nausea and or vomiting that is not controlled by the anti-nausea medication.
- Fever of 101 degrees or more
- Any other concern you may have

Please call:

Monday-Friday 8 AM to 5 PM (See above for indicated phone number)

If after hours, please call 512-901-1111. The operator will page your Surgeon and your call will be returned.