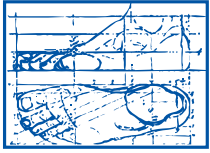


# post-op care



**ALEXANDRIA  
PODIATRY  
ASSOCIATES**

Dr. Jeffrey S. Coster  
Dr. Jeffrey L. Graziano  
Dr. Joonhyun Yoon  
Dr. Monique Rolle  
703-379-0700 (office)

## GENERAL POST OPERATIVE INSTRUCTIONS

### POST-OP CARE

You have had a surgical operation. Go directly home after the procedure. If you have any problems or complications please call us 6703-379-0700.

ELEVATE your foot whenever possible. Elevation means the operative region is higher than your heart.

DO NOT change your dressing. Keep dressing clean, dry and intact. You may notice a slight amount of bleeding. If this persists, call the office immediately. Do not remove the dressing.

ICE your operative site 5-6 times a day. This can be achieved in a number of ways. EBI icing unit is a continuous icing machine available through our office. Ice bags or frozen peas may be used. When using a re-freezable product, ice for 20 minutes at a time with at least 30 minutes in between. Please be very diligent with your icing.

### MEDICATIONS

You will be sent home with \_\_\_\_medications. Use as directed on the label. ALL SHOULD BE TAKEN WITH FOOD. If gastric upset, rash, hives or nausea occurs please call immediately.

- Percocet/Vicodin/Demerol/Tylenol with codeine/Darvocet-pain medication.

Take as needed.

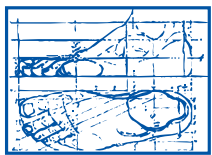
DO NOT: Mix with alcohol

DO NOT: Drive while taking

DO NOT: Take other medications unless instructed

- Keflex/Cleocin/erythromycin-prophylactic antibiotic to prevent infection.
- Vistaril-antinausea
- Other\_\_\_\_\_

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### CRUTCHES

- Weight-bearing as tolerated \_\_\_\_\_
- Partial weight-bearing \_\_\_\_\_ % for \_\_\_\_\_ weeks.
- Toe touch weight-bearing \_\_\_\_\_ lbs for \_\_\_\_\_ weeks.
- Non-weight-bearing for \_\_\_\_\_ weeks.

\*Diplomats of the American Board of Podiatric Surgery

Fellows, American College of Foot and Ankle Surgery

### BATHING

Generally we allow showering after the first post-op visit. Take the existing dressing off, shower normally, pat dry the incision, elevate, and then redress with gauze and Ace wrap (make sure the incision is dry before redressing). Call in the event of increased pain, redness or drainage. Baths are not permitted until 48 hours after the sutures have been removed.

### AFTER YOUR FIRST POST-OP VISIT

Rehabilitation/Physical Therapy : If therapy is needed, specific instructions will be given.

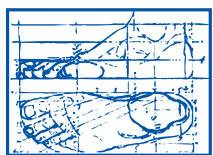
### DRESSING CHANGES

The post-op dressing change is a vital part of your surgical process. You will be supplied with the needed dressing material and instructions.

- Change the 4x4 gauze pads daily or if they become wet or soiled. Keep in place with the tubigrip or gauze.
- Do not touch, remove or apply ointment to tape strips (Steri-Strips). You may remove the Steri-Strips after 7 days. If they fall off before 7 days there is no need for concern.
- At each dressing change, evaluate the incision for excessive drainage, redness around the

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incision or streaking from the incision site, increased pain and increased temperature, all of which may indicate infection. Please phone immediately if these symptoms occur.

If there are any questions or concerns please call us immediately.