



Gadsden Foot Clinic, PC

Jean Pratt, D.P.M.

Brooke Gorham, D.P.M.

Patient: _____

POSTOPERATIVE INSTRUCTIONS

1. You just had surgery on your feet, go directly home and rest.
2. Do **NOT** remove the sterile dressings. Do **NOT** get your bandage wet
3. Do NOT stand or walk for long periods of time. Keep your feet elevated most of the time with a pillow under your legs .
4. You may walk as tolerated but **ALWAYS** wear the surgical shoe(s) or boot as instructed.
5. The first few days after surgery, use an ice pack for 15 minutes, 2 to 4 times a day, but you **MUST** keep the dressings **CLEAN & DRY**.
DO NOT LEAVE ICE ON WHILE SLEEPING OR FOR LONGER PERIODS OF TIME UNLESS SPECIFICALLY INSTRUCTED.
6. Take your medications as prescribed. Some discomfort is to be expected. Your pain medication should keep you comfortable. Keep all your medicines out of the reach of children.
7. A small amount of bleeding or "spotting" on the bandage is normal and no cause for alarm. Keep your bandages clean and dry.
8. Exercise your legs periodically by bending your knees and ankles.
9. If you have any questions, problems or concerns, call the office: **547-1631**. Pain should diminish within a few days after surgery. If your pain increases or you pain medication is not effective, call the office.
10. In case of emergency, you may reach the Doctor on call at: **256 504-1815**. You may send a "text message" to this number or to reach your doctor ...

Dr. Gorham 256 438-4399

Dr. Pratt 256-613-0135

- 11 . Additional instructions: You just had surgery. We are interested in your speedy recovery and comfort. Please cooperate with us by carefully following these instructions.

Brooke Gorham, D.P.M
Jean Pratt, D.P.M.

Date