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### Pre-Operative Instructions

1. Discontinue use of Aspirin, Ibuprofen, other NSAIDs and any other blood thinners 7 days prior to surgery. Consult your cardiologist or other specialists if needed depending on your specific medication and condition.
2. Nothing to eat or drink after midnight prior to your planned surgery day. (Anesthesia needs your stomach empty)
3. Shower using hibiclens prior to your surgery.

### Post-Operative Instructions

1. Keep your dressing clean, dry and intact. Do not remove or change unless it becomes wet.
2. Keep your foot elevated above the level of your heart as much as possible for the first 3 days following the surgery.
3. Apply an ice pack to your foot/ ankle for 20 minutes out of every hour (during the day) for the first 3 days following surgery. 20 minutes on, 40 minutes off.
4. May apply the ice pack behind your ankle or behind your knee, above the dressing to cool the blood in the artery going into your foot/ leg as the dressing may be too bulky.
5. Do not apply ice in just a plastic bag directly to the skin, this may cause a frost injury to the skin. Must have a layer at least as thick as a T-shirt between the ice and the skin.
6. Start taking your post operative pain medication and NSAIDs as soon as you are able to eat after the surgery.
7. You can take the narcotic pain medication every 4-6 hours and the NSAID every 8 hours to help with pain and inflammation.
8. Start your post operative antibiotic the morning following the surgery. Most will be one tablet or capsule 3x/day for the first week after the surgery.
9. Follow up within one week of your surgery. Call the office at 832-668-5546 to make an appointment if you have not already.
10. Do not walk or put weight on your foot until instructed to do so. Utilize crutches, knee scooter, walker or wheelchair as needed. (Not all surgeries require no weight bearing).
11. Please call the office if you have any other questions or concerns.

Happy Healing 😊