



Postoperative Instructions Following Foot/ Ankle Surgery

The postoperative course varies among patients. These instructions are provided as guidelines and do not cover every aspect of your postoperative care. Please comply with these instructions for a prompt and healthy recovery.

What to do after Foot Surgery:

1. Return home and rest! Elevate your foot or feet above the level of your heart using several pillows to decrease swelling and relieve pain.
2. Apply ice to the area of surgery and behind your knee: one hour on and 2 hours off intermittent therapy for 48 hours after surgery. It is critical to keep the bandage dry while icing.
3. For any necessary walking, always use the surgical shoe or walking boot with assistive devices.
4. Take medicine as prescribed if you are having discomfort. There are common side effects of pain medication including drowsiness, dizziness, constipation and nausea. If these symptoms or an allergic reaction occurs (rash, hives, shortness of breath), stop taking the medication and call the office. To prevent nausea, take the medication with meals.

Do Not Do Any of the Following

1. Do not remove your bandage unless specifically instructed by your surgeon.
2. Do not get the bandage wet. When bathing, hang the foot over the side of the tub or sponge bath. Showering is possible with commercial plastic protectors but use caution- the bathroom area may be slippery.
3. Do not be alone for the first 48 hours after surgery, especially while taking pain medication. Have a family member or friend available should you require assistance.

If you have any questions or concerns of possible complications, do not hesitate to call the office at 910-280-9970. If problems arise after hours, contact Dr. Brewington directly or go to the emergency room.