

CENTEROCK PODIATRY ASSOCIATES, P.C.

DR. CHARLES J. WOLFF, F.A.C.F.A.S.

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PODIATRIC MEDICINE AND SURGERY

2 CROSFIELD AVENUE

WEST NYACK, NY 10994

TELEPHONE 845 358-2844

FAX 845 358-0528

Topaz Instructions

Having performed your operation, we are interested in your prompt recovery and comfort. Please cooperate with us by carefully adhering to the following rules of post-operative care:

Day of surgery: Have your prescription filled immediately upon leaving the office/ Surgery Center, and please go directly home. Once home, you will have had enough exercise and excitement for one day. Keep your foot (feet) elevated when sitting and in bed with minimal walking.

Discomfort and Swelling: The numbness will last 5 to 20 hrs and swelling is expected. In some cases the skin of the foot or leg may appear bruised or black and blue.

Temperature: Take your temperature on the 2nd, 3rd and 4th day after surgery at 5pm. Anything below 100 degrees after surgery is normal. If it is above 100 degrees please give us a call. **845-358-2844**

Bleeding: A slight amount of oozing on the bandage is normal and should not cause any concern. The surgical solution painted on your foot prior to surgery is a dark red/brown color and the operation site may appear to be oozing when it is not.

Dressing: Keep the bandage absolutely **DRY** and **DO NOT** remove it. If the ace bandage becomes too snug remove it and reapply. If this does not help call the office. If the bandage should accidentally become wet, call the office immediately. **845-358-2844**

Do not apply weight on the operative foot for 48 hours.

Shoes: Wear your surgical shoe/boot anytime you put weight on your foot(feet).

Diet: A regular diet may be kept with the exception of alcoholic beverages. Drink large amounts of liquids, **ESPECIALLY** citrus and other fruit drinks.

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General activities: Since each person heals at their rate, it is virtually impossible to say with absolute certainty when you will be able to resume full physical activities. For the first week or two, resting each day is important. You may gradually increase the amount of activity each day, but strenuous work, heavy lifting and excessive social activities should be avoided.

Do not take aspirin, Motrin, Aleve, (Advil) and DO NOT apply ice until instructed by your doctor.

Notify your doctor: if you have undue discomfort or swelling, excessive or prolonged bleeding, dizziness or fainting or call if you are troubled or worried about anything related to your surgery.

EMERGENCY NUMBER 845-358-2844