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PODIATRIC MEDICINE AND SURGERY
2 CROSFIELD AVENUE
WEST NYACK, NY 10994
TELEPHONE 845 358-2844
FAX 845 358-0528

Post-Operative Home Care

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

Day of Surgery: Have your prescription filled immediately upon leaving the office. Elevate both feet in the air and please go straight home. Upon arriving home you will have had enough exercise and excitement for one day. Keep your foot (feet) elevated when sitting and in bed and do minimal walking.

Discomfort and Swelling: The numbness will last from 5-20 hours and swelling is expected. In some cases the skin of the foot or leg may take on a bruised black and blue appearance.

Temperature: Take your temperature on the 2nd 3rd and 4th days after surgery at 5pm. Anything below 100 degrees after surgery is normal. If your temperature 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. Resting the foot (feet) in an elevated position will keep oozing under control. The surgical solution that was applied to your foot prior the operation is a dark red/brown color and the operation site may appear to be oozing when it is actually not.

Dressing: Keep the bandage **Absolutely Dry and Do Not Remove it.** If the bandage becomes too snug, remove the ace bandage and reapply. If this does not help call the office. If the bandage should inadvertently become wet call the office immediately.
845-358-2844

Stitches: The stitches will remain in place for 10 to 14 days depending upon the nature of the operation. A slight pulling sensation might be felt due to the stitches, but this is a normal occurrence.

Ice: Apply a well sealed ice bag to the ankle for 20 minutes out of every waking hour (do not leave ice on at bedtime or during long naps) for the first 48 hours.

Medications: Take medication as directed by your surgeon.

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Shoes: Wear your surgical shoe/boot anytime you put weight on your foot (feet) even if it is just to walk to the bathroom and back.

If Casted: be extra careful not to get the cast wet. Do not bear weight on the cast unless otherwise instructed. Always use crutches with the cast.

Diet: A regular diet may be kept with the exception of alcoholic beverages. Drink large quantities of liquids, especially citrus and other fruit juices.

General Activities: Since each person heals at his or her rate, it is virtually impossible to say with absolute certainty when you will be able to resume full physical activities. Recovery is a progressive process – you will feel better day by day. 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.

After leaving the surgical center/hospital call the doctor if you have

- A: Undue discomfort or swelling
- B: Excessively heavy or prolonged bleeding
- C: Dizziness or fainting
- D: Or call if you are troubled or worried about anything related to your surgery

Thank you in advance for your cooperation.

EMERGENCY EVENING TELEPHONE NUMBER

If you need to reach the doctor, in case of any emergency, please call our office and have the doctor paged.

OFFICE NUMBER: 845-358-2844