

Podiatric Surgery Post-Operative Instructions- Weight Bearing

If you have had general anesthesia, you may have a sore throat for the first 24 hours due to the airway placed for anesthesia. You may also experience dizziness, drowsiness, shivering or lightheadedness after anesthesia or sedation. Please do NOT drink alcohol, drive a car, or make major decisions for the next 24 hours.

Diet:

- You may resume your usual diet once nausea has ceased. If nauseated, start with clear liquids (tea, broth, jello) and advance slowly to more solid foods.

Activity:

- Do not drive or operate power equipment for 24 hours. Do not engage in activities that require coordination or the ability to respond quickly.
- Rest with the affected extremity elevated above the level of the heart for 24-48 hours. Continue as necessary to decrease swelling.
- Apply ice packs over dressing intermittently for 24 hours and then as needed to decrease swelling.
- Weight bearing status: weight bear as tolerated. If given a post-op shoe, wear that while walking.
- Check with your surgeon regarding return to work and strenuous activity.

Dressing:

- Keep dressing clean and dry.
- DO NOT REMOVE BANDAGES OR GET DRESSING WET.
- You may expect some bloody drainage on your dressing.
- Ice and elevate your foot above your heart as often as practical.

Medications:

- Take your prescription as directed on the bottle. Take pain medication with food to prevent nausea. Pain medication may cause constipation. No driving or drinking alcoholic beverages while taking pain medication. Continue with your usual medications as instructed by your surgeon.

Report any of the following to your surgeon:

- Persistent nausea or vomiting.
- Chills and/or persistent fever over 101 degrees.
- Persistent bleeding that keeps the dressing wet.
- Increased pain or swelling that is not relieved by rest, elevation of the leg and prescribed pain medication.
- Pain with swelling, heat, or redness at your IV site.
- Difficulty breathing or unusual shortness of breath.

Follow-up:

- For any problems or questions, please contact Dr. Palmer's office at **503-255-8100**.
- Follow up with Dr. Palmer as previously arranged, if you do not have a follow up appointment, call 503-255-8100 to schedule one.

Instructed by: _____

Released to: _____ Date: _____