

DR. WADEHRA'S POSTOPERATIVE INSTRUCTIONS

1. Keep foot/feet elevated approximately 6" above chest whenever possible.
2. Keep the bandage dry and intact unless otherwise instructed.
3. Follow your doctor's instructions regarding walking/weight bearing. If walking is allowed, wear your surgical shoe or boot as instructed. If no weight bearing is allowed on the operated foot/ankle, use crutches, walker, knee scooter, or wheelchair as instructed. Follow activity limits specified by your doctor for your surgery. This will help for a more rapid, complete recovery. **Please ensure you have your wheelchair, walker, knee scooter, or crutches arrangements made prior to your surgery, and bring the ambulatory device with you to surgery. Please contact our office for rental options.**
4. Use Ice Packs or Cryo Cuff as often as possible, and change them as they become warm.
5. There may be some blood seen on your bandage. This is normal. If bleeding is noted, reduce activity, apply ice and elevate foot. If bleeding persists, call your doctor.
6. Take the medication as prescribed. Do not drink alcohol before, during, or after taking pain medication. Take anti-inflammatories if instructed to reduce swelling. (i.e. Aleve OTC 2 tablets every 12 hours with food x 5 days)
7. Limit your walking. Most postoperative problems are a result of excessive walking. Do not push yourself in the beginning. Your ability to ambulate will gradually improve from day to day--please be patient. Remember after any activity, elevation and ice will help decrease pain and swelling.
8. Do not change the bandage unless otherwise instructed. All bandage changes will be performed in the office.
9. Perform knee flexion exercises throughout the day to promote blood flow.
10. If you did not schedule your first postoperative before surgery, call the office when you get home to schedule your first postoperative appointment.
11. If you have any questions or concerns please feel free to call the office.
12. Please apply the smart Kit that was mailed to you after your sutures are removed in the office.

Post Op Date _____