



## FOOT AND ANKLE SURGERY

These instructions will help you take care of yourself at home.



### DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



### ACTIVITIES

Non-Weight bearing for the first two weeks or until follow-up in clinic unless instructed otherwise



### SPECIAL CARE NEEDED

Keep your dressing and/or splint clean, do not remove dressing, keep it dry and intact until your follow up appointment. Elevate your foot as much as possible and protect the area from injury.



### INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, or swelling.**



### WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for “Resident on call” for Dr. \_\_\_\_\_ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding (more than one teaspoon)

**Call 911 if you have chest pain or shortness of breath**