

The Foot and Ankle Wellness Center of Western Pennsylvania

Post Operative Instructions:

You have just had surgery on your foot or ankle. Please read all instructions **carefully**.

1. To make you more comfortable:
 - a. Bed rest with elevation of feet with at least two (2) pillows
 - b. Apply an ice pack to the front of your ankle(s) or behind your knee for 15 minute every ½ hour until your first post operative visit.
 - c. Every morning unwrap and then rewrap the Ace bandage.
 - d. Do not cross your legs.
 - e. You are permitted to get up for meals and to use the bathroom as needed.
2. Please keep your bandages clean and dry:
 - a. **DO NOT REMOVE YOUR BANDAGES WITHOUT CALLING YOUR DOCTOR FIRST!**
 - b. **DO NOT GET BANDAGES WET:**
 - i. If it becomes wet – remove and replace with clean dry gauze and then immediately call your doctor!
3. Weight Bearing Instruction:
 - a. **DO NOT PLACE ANY WEIGHT ON YOUR OPERATIVE FOOT/ANKLE**
 - b. Use your crutches, walker or wheelchair as instructed
 - c. Bear as little weight on your operative foot as possible
 - d. Always wear your surgical shoe, cast shoe/splint or CAM walker when you are standing, walking or even for short periods distances. Do not remove unless instructed by your doctor.
4. Take your temperature twice daily – Call Immediately if over 100°F.
5. Fill your prescriptions immediately and take as directed
6. Please call your doctor **IMMEDIATELY IF:**
 - a. There is continued or excessive bleeding through the bandages
 - b. You bump or injure your feet/ankle
 - c. Your medication(s) does not relieve the discomfort
 - d. You should develop a fever
 - e. You have a change in appetite or bowel movements
 - f. Medication cause unusual side effects
 - g. Your surgery required pins: If they moved or infected
 - h. The bandages become wet or soiled
7. If you do not receive a post operative appointment call the office.
8. A doctor is on call 24 hours a day to answer any questions or to handle any emergencies if needed. Please do not hesitate to call with any concerns!
9. Other instructions:

Ford City Location
313 Ford Street
Ford City, PA 16226
P: (724) 763-4080
F: (724) 763-4083

Butler Location
100 Evans Road
Butler, PA 16001
P: (724) 841-0188
F: (724) 841-0189
Toll Free: (844)-FOOTDOC (366-8375)

Monaca Location
3578 Brodhead Road
Monaca, PA 15061
P: (724) 775-6168
F: (724) 775-2633

Grove City Location
675 N. Broad Street Ext, Suite 2
Grove City, PA 16127
P: (724) 450-1144
F: (724) 450-1140



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