



Bay Harbor Podiatry Group

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INSTRUCTIONS AFTER FOOT & ANKLE SURGERY

1. You should go directly home. Elevate your feet and legs on the way home, if possible.
2. **DO NOT REMOVE THE BANDAGES. KEEP THEM CLEAN AND DRY. DO NOT GET THEM WET!** A protective water-tight cover (Xerosox) is available for purchase. This will allow bathing without getting your surgical dressings wet.
3. The surgical shoe or removable walking boot should **ALWAYS** be worn while walking, even if you're walking just to the bathroom.
4. Bruising and/or a small amount of bleeding may be noticed around the toes or bandages. This is to be expected and is no cause for alarm. However, if any active, bright red bleeding is noted, call the office immediately.
5. It is recommended to have your pain and/or antibiotic prescription(s) filled prior to surgery. If any adverse reactions occur with the medication, discontinue and call the doctor's office.
6. **ELEVATE** the feet/legs as much as possible. Six inches above hip level is a good guideline, a reclining chair is helpful during the waking hours. This will help decrease the amount of post-operative swelling. If a pillow is used to elevate the feet → **do not place directly under the knees.**
7. Use of alcoholic beverages and smoking is not recommended immediately after surgery and during the recovery period.
8. A walker or crutches may be used depending on the particular procedure performed. Every precaution must be utilized to aid walking and prevent injury from loss of balance.
9. Once again, your health and recovery is of utmost importance to us. If you have any questions, do not hesitate to call the office telephone number, day or night.

Office Phone No. (310) 540-1213