

SURGERY DISCHARGE INSTRUCTIONS

Patient: _____ Date: _____

1. Have prescriptions filled immediately. Take prescriptions ONLY as directed:
Duricef/Erythromycin 500mg twice daily and Percocet/Vicodin 5mg every 4 hours as needed Additional:
_____. Getting up too quickly while taking narcotics
could cause you to feel faint. Take medication with food.

2. For the first 72 hours 93) days following surgery, REMAIN OFF OF YOUR FEET as much as possible.
Elevate your foot above heart level with your knee slightly bent. Limit activity since over activity causes
swelling and pain.

3. WALKING INSTRUCTIONS:

- No weight on operated foot Minimal weight on foot with crutches
 Normal weight on operated foot Minimal weight without crutches

Walk only with surgical shoe or removable cast. Walking must be kept to a minimum for 3 days.
Additional Instructions:

4. Do NOT remove dressings or allow them to get wet. Cast/bandage shower covers are available for purchase
in our office.

5. Put ice on surgical area, 30 min per hour while awake, this will help with swelling and pain.

6. Keep pets AWAY from dressing to prevent infection.

7. CALL THE OFFICE IMMEDIATELY IF:

- A) Excessive pain develops which is not controlled by pain medicine.
- B) If excessive bleeding occurs
- C) Bandage/cast feels too tight causing numbness and tingling
- D) Bandage/cast gets wet
- E) Fever or chills occur
- F) Toes become white or bluish -It is very important that you monitor the color and temperature of the toes.
The capillary refill should return instantly to all digits including on the toe that was operated on. The
temperature of the toe should be warm. The color should be pink. If not please call Dr. Polun immediately.

8. If your left foot is in a surgical shoe/cast, you may drive vehicles equipped with automatic drive. If your
right foot is in a surgical shoe/cast you may NOT drive for 3 days.

9. We recommend Mederma be applied to the incision site after sutures and cast are removed to avoid
scarring.

POST OPERATIVE APPOINTMENT: _____

Patient Signature

Physician Signature

