

**AMERICAN SURGERY CENTER**

**PATIENT NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**DOCTOR'S NAME:** \_\_\_\_\_ **PHONE#** \_\_\_\_\_

SURGERY DISCHARGE INSTRUCTIONS

1. You may notice some bleeding on the bandages. This is usually normal. If it seems excessive, call your doctor.
2. Elevate your foot/feet above the level of your heart. Keep knees slightly bent.
3. Walk only with the surgical shoe or removable cast. Walking must be kept to a minimum for the specified by your doctor.
4. Put ice over the ankle, 30 minutes per hour. Use ice cubes in a plastic bag wrapped in a thick towel or ice pack.
5. Keep the bandage completely dry. **DO NOT REMOVE ANY BANDAGES OR DRESSING UNLESS SPECIFICALLY INSTRUCTED TO DO SO.** 6. No shower or tub bath until permission from your doctor is given. 7. Keep pets away from dressing.
8. Get up and walk gradually.
9. Take your medications as instructed. Rx \_\_\_\_\_
10. No driving or operating automobiles or machinery until given okay by your doctor. 11. \_\_\_\_\_ Eat normal diet \_\_\_\_\_ Light Foods \_\_\_\_\_ Restrictive diet.

**CALL DOCTOR IF:**

1. Bandages become wet, soiled, or soaked with blood.
2. Severe pain persists after taking medication as directed. 3. Toe (s) become white or bluish.

**IF YOU HAVE A CAST:**

1. Do not get cast wet.
2. Do not attempt to put anything between cast and skin.
3. If persistent numbness or tingling is noted with cast, notify your doctor.

**WALKING INSTRUCTIONS:**

- No weight on operated foot.
- Minimal weight on operated foot with crutches or cane.
- Minimal weight on operated foot without crutches or cane.
- Normal walking on operated foot.

I have received and understand these instructions

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Physician Signature

YOUR NEXT OFFICE APPOINTMENT WILL BE: \_\_\_\_\_