



## PLEASE READ AND FOLLOW THESE INSTRUCTIONS PRIOR TO YOUR HOSPITAL DISCHARGE

1. Keep your bandages completely dry and clean. Use a shower bag and take baths to avoid getting the bandages wet. Do not take off the bandages.
2. Elevate your foot as much as possible, even during the car ride home. It needs to be at a level higher than your heart. Usually 2-3 pillows will achieve this.
3. If you have a surgical shoe, boot, crutches, walker, or wheelchair, use them as directed.
4. Apply a padded ice bag to the top and inside part of your ankle or behind you knee. Leave it on for 20 minutes, then off for 40 minutes the first 2 days when awake. This will reduce swelling and pain.
5. Take prescribed medications as directed. You should start taking pain medication before the local anesthesia wears off so you will have the medication in your system and be more comfortable. Take the pain medication with food to prevent any possible nausea.
6. Report any unusual bleeding, pain, swelling, stomach upset, fever or tightness or wetness of the bandage to the doctor.
7. Call the office for an appointment as soon as possible if one has not already been made for follow up.

In case of an emergency, call us at 401-354-7966