

Dr. Greg Brockbank DPM, FACFAS
Post Operative Instructions
Office Phone 801-576-0476 | Fax: 801-576-0486

Patient Name: _____

- 1.) Have all prescriptions filled and take medication as directed, and begin when you have arrived home.
 - a. All narcotic refills must be requested at postoperative visit due to DEA changes.
- 2.) Place a bag of ice on top of foot and behind the knee for 20 minutes every hour.
- 3.) Stay off your feet for the first 3 days except to use the restroom.
- 4.) Wear boot/surgery shoes while sleeping. Never walk without your shoe/boot.
Non-Weight Bearing / Weight Bearing
- 5.) Elevate feet approximately 6 inches above the level of your heart. Support leg and foot on pillows with knee bent.
- 6.) Exercise leg several times daily by raising the leg and bending the knees, hips, and non-surgical ankle.
- 7.) Keep bandages and/or cast completely dry.
- 8.) Do not sit with your feet down or with your legs crossed for any length of time.
- 9.) Eat a regular diet and increase fluid intake.
- 10.) Stop alcohol use while on pain medications. Stop tobacco use while healing from surgery.
- 11.) Call a doctor or hospital if any of the following occur:
 - a. If you have problems taking medication; nausea, headache, etc.
 - b. Some bleeding through your bandage is normal, call if bleeding soaks the bandages more than a softball size.
 - c. If your toes turn colors (blue or white)
 - d. If your bandages get wet - **DO NOT REMOVE BANDAGES**
 - e. If your bandages are loose and fall off.
 - f. If your medication does not control the pain.
 - g. If you bump or injure your operated foot.
- 12.) Call your Doctor's office for your next appointment.