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## POST – OPERATIVE INSTRUCTIONS

You have just had a surgical procedure on your foot or ankle. All methods were utilized to help reduce the pain and swelling that normally occurs but some of pain, swelling and bruising is normal. If you have any questions that are not addressed below, please feel free to call the office and the doctor will be notified by the staff or the answering service to call you back as soon as possible.

1. Post-operatively – go directly home – it is important to immediately elevate your foot and apply ice at ankle level or behind the knee.
2. Apply ice for at least the next 48 hours unless directed otherwise – 15 minutes on and 45 minutes off, repeat throughout waking hours.
3. Elevate your foot at least level with your heart, if possible slightly above this level.
4. Do not mix alcohol with any of your prescriptions.
5. Wear your post-operative shoe unless wearing a cast. Do not place any weight on your splint/cast unless instructed to do so by the doctor.
6. Some post-operative pain is normal. Pain is best controlled when treated early. Make sure you take all pain medications as directed with food.
7. Occasionally blood will show through the dressing. Do not be alarmed. If bleeding persists, please call the office.
8. **DO NOT REMOVE THE BANDAGE** unless instructed to do so. If the bandage feels too tight, notify the doctor.
9. **KEEP THE BANDAGES TOTALLY DRY UNLESS INSTRUCTED OTHERWISE.** When you bathe, either sponge bathe or prop your foot out of the bathtub. “Showereez” plastic protectors (available in our office) or cast protector bags can help keep bandages dry; beware that all regular plastic bags leak.
10. Take your temperature daily for 3 days. Advise us if there is any significant rise.
11. Dangle your feet and legs periodically for the first few days. This will help your circulation.
12. **AVOID:** prolonged standing, excessive activity, alcohol, heat, wetting or removing the bandage.

### CALL THE OFFICE IF:

1. Bleeding persists.
2. The medication is not relieving your discomfort.
3. You develop a fever or feel ill.
4. You bump or injure your foot or ankle.
5. You develop any persistent calf pain or any chest pain.
6. You get bandage wet or soiled.
7. You have any questions or problems that cannot wait until your next appointment.

**THESE INSTRUCTIONS ARE EXTREMELY IMPORTANT – PLEASE HELP US  
GIVE YOU THE BEST POSSIBLE RESULT.**

Revised 8/5/2020

### Reston

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### Manassas

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Manassas, VA 20110  
703.368.7166  
FAX 703.368.5103

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Leesburg, VA 20176  
703.777.2101  
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