

Procedure: FOOT SURGERY

Diet: Resume pre-op diet.

Medications:

You may have been given a prescription for antibiotics. If given a prescription for antibiotics, drink 8-10 glasses of fluids daily while taking the antibiotic. Do not drink alcohol while taking any prescription drugs.

You may take a non-prescription "headache remedy" type medication that you normally use, preferably one that does not contain aspirin.

Your surgeon may advise you to take a baby aspirin twice daily for 30 days following surgery but only do this if your surgeon advises you to do so.

General Instructions:

- Keep your dressing dry and intact until seen by your doctor. Occasionally, your doctor may advise you to remove the dressing sooner, but only do this if your doctor directly instructs you to do so.
- You may bathe or shower if you can keep your dressing dry, you may try covering the dressing securely with a plastic bag
- Keep your foot elevated as much as possible
- Rest on couch or in a recliner to keep your foot elevated
- It may be necessary to use crutches or a walker-use as instructed. Please see below weight bearing status.

IF YOU WERE PROVIDED WITH A POST OPERATIVE SHOE, PLEASE WEAR IT AT ALL TIMES UNTIL YOUR FOLLOW UP APPOINTMENT

Follow Up Care:

Make sure you have a follow-up appointment scheduled with Dr. Zingas. If not, please call and make one. Office phone number: (586) 773-1300. If you have any questions or concerns before your return appointment, please contact your physician.

Call your doctor should the following occur:

- Temperature over 101 degrees F by mouth
- Blood soaked dressing (a small amount of oozing may be normal)
- Pain not relieved by the medication prescribed
- Increased progressive drainage from the surgical area
- Experience any severe swelling, numbness, tingling or color change in your exposed toes

Things to remember:

- Because your reflexes may be diminished after receiving anesthetic drugs, for the next 24 hours:
- You may not operate a vehicle

- You may not engage in an occupation involving machinery or appliances
- You may not drink any alcoholic beverages
- Avoid making any critical decisions

If provided with sequential compression devices, wear them as directed until your follow up appointment with your surgeon. Please wear sequential compression devices when sedentary for greater than one hour.

ORTHOPAEDICS
C. ZINGAS, M.D.