

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.

General Instructions:

- Keep your dressing dry and intact until seen by your doctor
- 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

Follow Up Care:

You are to see Dr. Zingas for your first post-operative visit in 5-7 days. 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

ORTHOPAEDICS

C. ZINGAS, M.D.