Orthopedics New England
Dedication. Compassion. Experience.

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Post Operative Foot Surgical Instruction

1. Activity should be only as recommended by your surgeon as follows:_____
2. Keep the operative foot elevated on two pillows whenever possible.
3. Apply ice just above the operative site (usually to the ankle), 30 minutes out of every one hour for the first 48 hours after surgery.
4. Avoid prolonged periods of standing or sitting with legs hanging down.
5. Keep bandages CLEAN and DRY. Do not remove the bandage.
6. Never allow the bandage to get wet.
7. Do not bump or injure your foot.
8. Keep pets away from the foot.
9. Take all medications exactly as prescribed.
10. When you arrive home call the office for an appointment on _____The first dressing change, foot check and post operative x-rays will occur at this appointment.
11. You have just had a surgical procedure. A limited amount of swelling is expected. In some cases, the skin may take on a bruised appearance. This should not be cause for alarm.
12. If you should notice any increase in temperature, pain, swelling, Redness or bleeding through your dressing you should contact your surgeon immediately.

YOUR cooperation determines the successful outcome of your surgery.

Additional instructions:

MetroWest Medical Center
Framingham Union Hospital • Leonard Morse Hospital
Mass General Brigham
Newton-Wellesley Hospital
Beth Israel Lahey Health
New England Baptist Hospital
Milford Regional
Medical Center

Natick
313 Speen Street
P (508) 655-0471
F (508) 650-3547

Newton
2000 Washington Street
Blue Bldg. Suite 322
P (617) 527-5040
F (617) 641-2366

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77 West Main Street
P (508) 458-6050
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