Sowell Podiatry .com

Postoperative Instructions for Foot Surgery

Following these guidelines will reduce the risk of complications.

1) Keep the bandages clean, dry and intact. Do not get them wet. If they get wet, please notify us at once.
2) Keep your foot elevated above your heart whenever sitting or lying down.
3) Apply ice to the top of the foot/ankle for 20 minutes, three times per day for one week following the surgery. If you have a cast, apply the ice behind your knee.
4) Take the pain medications as instructed. Please take the prescribed pain medication when you arrive home from the surgery with a light meal. (example: tea and toast). Then take the pain medication as directed on the bottle.
5) Move your ankle up and down for one minute several times a day. This is to prevent leg cramping. If you are in cast please disregard this.
6) Weight-bearing Instructions: Keep all walking to a minimum
   Keep surgical shoe on at all times when full weight bearing or walking.
   Do not walk anywhere without the surgical shoe on.
   Partial weight with assistance of crutches / walker. This means you may put some pressure on the heel, but not full weight on the foot. Use the crutches / walker with all walking.
   No weight at all to the foot/ankle of the surgery. Please use crutches wheelchair to stay off the foot/ankle of the surgery.
7) Do not be alarmed if there is some bleeding through the outer bandage. Expect some minor seepage. If the whole bandage becomes bright red call us immediately.
8) Drink Plenty of fluids and follow a low-salt diet for a few days following surgery.
9) Resume you normal medication schedule unless modified by us or your medical doctor.
10) Please call if you have any questions. We can be reached 24 hours a day. During office hours call (936) 559-1700. After hours you may call Dr. Sowell's cell phone (936) 552-1741. If no answer, leave a message.

Nacogdoches Office • 3316 N. University Drive #C •Nacogdoches, TX 75965 • (936) 559-1700 • (877) 747-3668 Toll-free
Carthage Office • 305 West Cottage • Carthage, TX 75633 • (903) 694-9521 • (877) 747-3668 Toll-free