

## **Surgery Center of Pinehurst Home Instructions for Foot/Ankle Surgery**

### **Elevation**

It is normal to experience swelling after surgery. To minimize the swelling, elevate your foot above heart level as much as possible.

### **Ice:**

Ice might help relieve the swelling and pain. Use ice on the surgical area as needed, 20 minutes on and 20 minutes off, if you feel that it is helpful.

### **Medications:**

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids. Do not drive as long as you are taking pain medication.

### **Surgical Dressing:**

Keep dressing clean and dry to prevent infection.

### **Activity:**

At the time of discharge from the Surgery Center, the nurse will give you instructions about how much weight, if any, you can put on your foot. Depending on your type of surgery, you might be fitted with crutches or a post-op shoe.

### **Follow-up Appointment:**

It is important to keep your scheduled follow-up appointment. At this appointment your dressing probably will be removed. Please leave the dressing in place until that time. If your scheduled appointment is inconvenient for you, please call my office and we will re-schedule for a more convenient time.

**If you have any problems or questions after your surgery, please call Dr Strom's office at 235-9769.**

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**Dr. Strom**  
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