AMBULATORY CARE

ORTHOPEDIC PROCEDURE ROOM

Post-Operative Instructions

Foot Dressing

PAIN:

After your procedure, some pain is normal for the first 2 or 3 days. Your Surgeon has given you a prescription for pain medication. Please use as instructed.

OPERATIVE SITE:

The bandage on your foot is designed to hold the foot in a position that is optimal for your comfort and healing. Keep your foot elevated during the first 2 - 3 days. When lying down, rest it on one or two pillows. When sitting in a chair, put your foot up so that it is higher than your heart. Do not allow it to become wet. Protect if when showering, etc. by inserting the dressing into a large plastic bag, and sealing it with an elastic band on the leg.

FOLLOW-UP:

Should you have any problems or concerns about your condition, contact your Surgeon. If unable to reach him/her, come to the Emergency Department of the hospital.

ADDITIONAL INFORMATION:

* If the surgery or injury is painful for more than 2 or 3 days, notify your Surgeon.
* Numbness or tingling in the tips of the toes or a blue-grey discoloration of the toes are indications that your dressing is becoming **TOO TIGHT.**
* Elevate the foot for two hours.
* You may remove the coban dressing or tensor, but not the dressing itself. Reapply the coban/tensor loosely.
* If signs persist, call your Surgeon.

CONTINUED ON OTHER SIDE 🡪

Call your Surgeon immediately or go to the nearest emergency

department if you have any of the following complaints:

Signs of Infection

* Redness that spreads beyond the initial wound.
* Pain that worsens after 3 - 4 days.
* Swelling that worsens after 3 - 4 days.
* Fever, chills, muscle aches and pains (Flu-like symptoms).
* Foul odour from dressing.