



**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 it 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.

Post-Operative Instructions

Foot Dressing

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.