



PUNEET S. CHAHAL, D.P.M., FACFAS

Podiatric Medicine – Podiatric Surgery
535 Main Street, Olean NY Phone: (716) 376-2282 Fax: (716) 376-2281

INSTRUCTIONS AFTER FOOT SURGERY

1. ACTIVITY

- FOR THE FIRST 24 HOURS, YOU MUST REST AND KEEP YOUR FOOT ELEVATED HIGHER THAN YOUR HIPS. GO HOME WITH YOUR FEET ELEVATED IN THE CAR. THEN GO TO BED OR A COMFORTABLE COUCH. APPLY ICE TO YOUR ANKLE FOR 20 MINUTES EVERY FEW HOURS. WALK AS LITTLE AS POSSIBLE FOR THE FIRST 24 HOURS. INCREASE YOUR ACTIVITY GRADUALLY DAY BY DAY.

2. DRESSING

- KEEP THE BANDAGE DRY AND DO NOT REMOVE IT. IF YOU ENCOUNTER DIFFICULTIES WITH YOUR DRESSING, CALL OUR OFFICE.

3. SHOES

- WEAR YOUR SPECIAL OPEN SHOE WHEN YOU MUST PUT WEIGHT ON YOUR FOOT AS NEEDED.

4. BLEEDING

- SOME BLEEDING MAY OCCUR AND SHOW THROUGH THE BANDAGE. IF BLEEDING PERSIST, CALL OUR OFFICE.

5. MEDICATION

- ON THE WAY HOME, HAVE YOUR PRESCRIPTION FILLED, IF YOU HAVE NOT ALREADY DONE SO. IF YOU FEEL PAIN, TAKE THE MEDICATION AS DIRECTED. CALL OUR OFFICE SHOULD YOU HAVE ANY DISCOMFORT OR SWELLING. DO NOT DRIVE YOUR CAR OR OPERATE MACHINERY WHILE TAKING PAIN MEDICATION.

6. DIET

- KEEP YOUR REGULAR DIET, BUT DO NOT CONSUME ALCOHOLIC BEVERAGES WHILE TAKING MEDICATION FOR PAIN.
- CALL OUR OFFICE ON THE FIRST BUSINESS DAY AFTER YOUR OPERATION TO INFORM US OF YOUR PROGRESS AND TO CONFIRM YOUR APPOINTMENT FOR DRESSING CHANGE.
- IF YOU HAVE ANY QUESTIONS OR DIFFICULTIES; IF YOUR WOUND BECOMES RED, SWOLLEN, HAS DRAINAGE/PUS, RED STREAKS; OR IF YOU EXPERIENCE INCREASED DISCOMFORT, PLEASE CALL US IMMEDIATELY.
- YOU CAN REACH US 24 HOURS A DAY BY CALLING (716) 376-2282. IF WE ARE NOT IN OFFICE AN IT IS AN EMERGENCY PLEASE CALL (716) 372-0141.

PATIENT'S SIGNATURE: _____ DATE/TIME: _____

WITNESS SIGNATURE: _____ DATE/TIME: _____