

**POST-OPERATIVE INSTRUCTIONS**

You have just undergone corrective foot surgery. A limited amount of discomfort and swelling is expected. The following post-operative instructions will aid in the healing process and will ease the post-operative period. Your adherence to these instructions is of the utmost importance.

1. **Do not** attempt to remove or change the dressings. In some cases, the skin may take on a bruised appearance; this is not cause for alarm. Some bleeding is normal and is to be expected. If the bleeding is excessive, please call the office immediately.
2. The bandage **must remain dry**. If the bandage does get wet, please call the office immediately.
3. Attempt to keep the bandage as clean as possible and free of dirt and animal hair.
4. Keep the \_\_\_\_\_ elevated 6" above your stomach, while at rest.
5. Please remain minimally weight bearing on \_\_\_\_\_ for a period of \_\_\_\_\_ days. Then weight bearing to tolerance.
6. Apply an ice pack to the top of the \_\_\_\_\_ for a period of 30 minutes per hour while awake for 2-3 days. Do not use a hot water bottle or electric pad.
7. Take the following medications as prescribed:  
\_\_\_\_\_  
\_\_\_\_\_
8. Please call the office Monday, \_\_\_\_\_, as we are interested in your progress and comfort.
9. Report any unusual discomfort at once and as always, please do not hesitate to call us if you have any questions.
10. Dr. Schoenberg's cell phone number: (914) 413-5604  
Dr. Horowitz's beeper number: (845) 382-0248

By my signature below, I am stating that I have read and completely understood both the written and oral post-operative instructions which were dispensed to me.

\_\_\_\_\_  
Patient's signature