

**The Foot & Ankle Clinic, LLC.**  
**15644 Madison Avenue Ste.213 Lakewood, OH**  
**Kristina Kovach, DPM, FACFAS**  
**Jennifer Bell, DPM, AACFAS**

Post Operative Instructions for \_\_\_\_\_

\*KEEP YOUR BANDAGES CLEAN AND DRY. DO NOT REMOVE YOUR BANDAGES

\*ELEVATE THE SURGICAL FOOT/ FEET ABOVE THE LEVEL OF YOUR HEART ON PILLOWS WITH YOUR KNEE SUPPORTED

\*PLACE AN ICE PACK AT THE FRONT OF THE ANKLE/ BACK OF ANKLE/ BACK OF KNEE FOR 30 MINUTES EVERY HOUR FOR THE FIRST 3 DAYS FOLLOWING SURGERY

\*YOU MAY/ MAY NOT PUT WEIGHT ON YOUR SURGICAL FOOT FOR BATHROOM PRIVILEGES. USE YOUR POST-OP SHOE/ CRUTCHES/ WALKER FOR AMBULATION AT ALL TIMES

\*WALKING AND WEIGHT-BEARING ACTIVITY SHOULD BE MINIMIZED/ IS NOT PERMITTED

\*TAKE MEDICATIONS EXACTLY AS PRESCRIBED BY YOUR DOCTOR. IF YOU HAVE AN ADVERSE REACTION TO YOUR MEDICINE, CALL YOUR DOCTOR IMMEDIATELY

\*DO NOT DRINK ALCOHOLIC BEVERAGES WHILE TAKING YOUR MEDICATION OR USING CRUTCHES/ WALKER OR WEARING A SURGICAL SHOE

\*PLEASE CALL THE OFFICE (216) 227\*2194 TO SCHEDULE YOUR FIRST POST-OPERATIVE APPOINTMENT FOR THE FOLLING DAY

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\*IF ANY UNUSUAL SITUATIONS ARISE SUCH AS EXCESSIVE BLEEDING THROUGH THE BANDAGED, PAIN THAT IS NOT ALLEVIATED WITH REST, ICE, ELEVATION AND MEDICATION, FEVER > 101 DEGREES OR ANYTHING THAT CONCERNS YOU, PLEASE CALL YOUR DOCTOR AT (216)227\*2194

SPECIAL INSTRUCTIONS \_\_\_\_\_

\_\_\_\_\_  
I CERTIFY THAT THE ABOVE POST –OPERATIVE INSTRUCTIONS HAVE BEEN EXPLAINED TO ME AND THAT ALL OF MY QUESTIONS HAVE BEEN ANSWERED

\_\_\_\_\_  
( PATIENT’S SIGNATURE)