

Instructions following Foot Surgery

1. Keep your bandages clean, dry and intact. Do not attempt to remove them unless you were specifically directed to do so.
2. Some bleeding is normal and may show through your bandages. If excessive bleeding occurs that saturates the bandages, call Dr. Davis at 816-547-6334 or the office at 913-364-1314. Do not remove the bandages but you may apply extra bandages with 4 inch X 4 inch gauze and gauze roll that may be purchased at your local pharmacy.
3. Ice your foot for 15- 20 minutes every hour while awake for next 48 hours, then 3-4 times daily for the next 1-2 weeks.
4. Wear your post operative shoe/ boot / or cast.
 - a. WEAR AT ALL TIMES BUT REMOVE WHEN RESTING OR IN BED.
 - b. ***KEEP PRESSURE OFF THE FOOT AS INTRUCTED BY USING CRUTCHES, WALKER OR KNEE SCOOTER
 - c. PUTTING PRESSURE ON THE FOOT CAN CAUSE SHIFTING IN THE SURGICAL SITE.
5. Periodically, move your ankle in a circular motion 4-5 times daily to prevent blood clots.
6. It is best to take pain medication after a small meal. Use Tylenol instead of prescription pain medication when you feel you are ready (may be 2-4 weeks depending on your pain level).
7. Do not mix alcohol or other drugs with pain medication.
8. Remember the recovery process is a progressive process.
9. It may take 8-12 weeks and possibly longer to heal from your foot surgery. Everyone heals at a different pace.
10. Swelling and bruising is normal after surgery.
11. You may resume your previous diet after surgery
12. If you feel feverish or feel ill or if you are diabetic and your blood sugars are unusually elevated, you need to contact the office or your primary care physician or go directly to the emergency room.
13. Your sutures will be removed in approximately 2 weeks. These are non wettable sutures and the sutures need to stay dry until they are removed. You may purchase cast dry or similar sleeve to keep your foot dry while you bathe. Otherwise a sponge bath is best to avoid the foot or bandages becoming wet. **CALL IMMEDIATELY IF YOUR BANDAGES BECOME WET**
14. Please contact Dr. Davis' office for an appointment in 1 week following your foot surgery at 913-364-1314 at the 109th and Roe office in Overland Park
15. If you are having any problems or concerns, call Dr. Davis at 913-364-1314 and leave a message for Dr. Davis' medical assistant and phone number to call you back or contact Dr. Davis directly after office hours at 816-547-6334.