



# The Foot Clinic, LLC

Ali Davis, D.P.M. F.A.C.F.A.S.

Board Certified in Foot and Ankle Surgery and Wound Care

## Instructions Following Foot Surgery

- Keep your bandages clean, dry, and intact.
  - Do not attempt to remove unless you were specifically directed to.
- 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—**Cell** or 1-913-364-1314, option #2—**Office**.
  - **Do not remove bandages.** Apply extra bandages with 4x4 gauze and gauze roll as needed. This can be purchased at your local pharmacy.
- Ice your foot for 15 – 20 minutes every hour while awake for the next 48 hours, then 3 – 4 times daily for the next 1 – 2 weeks.
- Your post-operative shoe, boot, or cast:
  - **WEAR AT ALL TIMES BUT REMOVE WHEN RESTING OR IN BED.**
  - KEEP PRESSURE OFF FOOT AS INSTRUCTED;
    - USE CRUTCHES, WALKER, OR KNEE SCOOTER.
  - PUTTING PRESSURE ON FOOT CAN CAUSE A SHIFT IN THE SURGICAL SITE.
- Move your ankle in a circular motion 4 – 5 times daily to prevent blood clots.
- 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*).
- **Do not mix alcohol or other drugs with pain medication.**
- Remember that the recovery process is progressive.
- It may take 8 – 12 weeks and possibly longer to heal from your foot surgery.  
**Everyone heals at a different pace.**
- Swelling and bruising is normal after surgery.
- *You may resume your previous diet after surgery.*
- If you feel feverish, ill or if you are diabetic with unusually elevated blood sugars, **please contact your primary care provider or the emergency room.**
- Your sutures will be removed in approximately two weeks. These are non-wettable and must stay dry until removed. You may purchase cast dry, or similar sleeve, to keep foot dry while bathing. Otherwise, a sponge bath is best to avoid the foot or bandages becoming wet.  
**CALL IMMEDIATELY IF YOUR BANDAGES BECOME WET.**
- *If you do not have a post-op appointment one week following your surgery,* please contact The Foot Clinic at 1-913-364-1314, option #1.
- If you are having any problems or concerns, please call:
  - 1-913-364-1314, **option #2** for the Medical Assistant
  - 816-547-6334 for Dr. Ali Davis **after hours****Make sure you include a return phone number.**