

Post Operative Instructions: Forefoot Surgery

Diet: Gradually resume regular diet. If you had general anesthesia or intravenous sedation, start with clear liquids, advance to soup and crackers.

Medications:

Take pain medication, as prescribed. Resume your usual medications.

Activity and Restrictions:

1. You should not drive a car or operate machinery until cleared by your surgeon.
2. If you received general anesthesia or intravenous sedation, do not make any major decisions, sign contacts, etc. for 24 hours after surgery.
3. Heel weight bearing only on the surgical limb in the surgical shoe.
4. No weight bearing on the front part of the foot.
5. Limit time on crutches or walker to bathroom trips and eating.
6. Use an ice pack on the foot for 3-4 weeks.
7. You may shower. Keep the dressing clean and dry covering with a plastic bag with towel wrapped around the calf to absorb any water.

Wound Care:

1. Keep your dressing clean and dry until you see your doctor.
2. If not already scheduled, please call the office to schedule a follow-up appointment in 13 days from the date of surgery.
3. If you develop fevers greater than 101, redness, warmth, foul smelling drainage, excessive bleeding or continuous oozing that saturates bandage, numbness or tingling, persistent nausea and vomiting, or pain unrelieved by pain medication, please contact us at (585) 295-5355 or out of area (800) 724-7712.