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Post-Operative Instructions:

- **Take one or two pain pills** as soon as you get home and then set your alarm clock for **every 4-6 hours** and take another one to two pills. Do this for the first several days after surgery until the pain decreases. Be sure to take your pain medication with food to avoid stomach upset. Call Dr. Cassidy if you get sick after taking the pain meds.
- **Elevate** the leg you had surgery on several pillows in order to prevent swelling. This is important for the first 2 weeks after surgery. If you are sitting in a chair you should still have your foot elevated. Swelling will cause more pain, longer healing time, and a worse cosmetic result.
- **Ice** the foot just above the bandage either at the ankle or behind the knee. You should do this 20 minutes / hour as many hours as you can. Do not leave it on when you go to sleep as you may wake up with frostbite. This should also be done for the first 2-4 weeks.
- **Do not** drink alcohol or drive while taking the pain medication.
- **Do not** smoke after surgery. Smoking will cause the surgery site to heal much slower.
- There may be some bleeding on the bandage, but that is ok. However, if the bandage is soaked through with blood call the doctor immediately.
- Pt should be **non- weight bearing** on the **Left / Right** foot for per doctor instructions.
- Call the doctor at 512-787-7975 if you experience the following:
 1. You have a fever of a 101 or greater
 2. You experience nausea, vomiting, chills
 3. Your pain is not controlled by the pain pills
 4. You get the dressing wet.