



ADVANCED
FOOT CARE

1015 Morris Park Avenue
Bronx, New York 10462
718-409-2121

Post Operative Instructions

1. A CORRECTIVE PROCEDURE HAS BEEN PERFORMED ON YOUR FOOT. A SLIGHT TO MODERATE AMOUNT OF PAIN AND SWELLING IS TO BE EXPECTED. THIS WILL VARY FROM ONE PERSON TO ANOTHER.
2. TONIGHT AND UNTIL YOU ARE SEEN IN MY OFFICE YOU ARE TO **REST YOUR FOOT COMPLETELY. KEEP YOUR FOOT ELEVATED ABOVE THE LEVEL OF YOUR HEART AND PLACE AN ICEPACK ON TOP OF YOUR ANKLE** (10 MIN ON AND 10 MIN OFF). **KEEP YOUR FOOT COMPLETELY DRY.** YOU ARE NOT TO WALK ON YOUR FOOT EXCEPT TO USE THE RESTROOM AND GO TO BED.
3. TAKE ALL PRESCRIBED MEDICATION AS DIRECTED
4. THE SKIN ON YOUR FOOT WILL TAKE APPROXIMATLY 2 WEEKS TO COMPLETELY HEAL. THE INSIDE OF THE TOE WILL TAKE A LITTLE LONGER. DURING THIS PERIOD OF TIME, MILD SWELLING AND SOME REDNESS MAY BE NOTED. THIS IS NORMAL.
5. IF THERE IS PERSISTENT THROBBING, PULSATING PAIN ACCOMPANIED BY REDNESS OR SWELLING, EXCESSIVE BLEEDING OR ANY OTHER PROBLEM COVERED BY THESE INSTRUCTIONS, CALL US IMMEDIATELY.
6. **Emergency Number- 917-514-6701**