

1. **Rest and elevate your foot as much as possible to keep the swelling down.** You can apply an ice pack on top of foot or ankle for 15 min every hour. You can sit on a recliner or bed, whatever is comfortable and should be parallel to the ground. If you sleep on your back, apply a pillow under your knee to keep it slightly bent so your hamstrings will not hurt.
2. **Flex and extend ankle every 15 min** to keep blood flowing and prevent any clots (unless in a cast). You will not do any damage if have forefoot surgery. If in a splint or cast, flex and extend knee and wiggle toes every 15 min. You can also try to get up and move every 1 hour during the daytime.
3. You may use crutches or a walker if instructed. You may only weight-bear if indicated by Dr. Bhakta.
4. It is normal for tingling to occur once the anesthesia begins to wear off about 6-10 hrs after the surgery. Take your prescribed pain medication with food with the onset of tingling. Make sure you have had some food prior to taking your pain medication.
5. You will feel throbbing when the foot is down due to blood rushing to the surgical site. That is normal. It is worst the first 24-48 hrs and then usually improves.
6. **If your pain is severe and the pain medications do not help, try cutting a 1 inch slit on both sides of the bandage on the opposite side of the surgery to allow more blood flow. Sometimes the bandage can cause constrictions. Wait 15 min and if pain continues, please call 703-474-2994. Please do not feel apprehensive about contacting Dr. Bhakta, as he wants this to be a comfortable experience as possible.**
7. The bandage and surgical shoe should be kept on until your follow up appointment. Do not attempt to take the bandage off. It is normal for a little bleeding to occur through the bandage. You may add more gauze if needed to the existing bandage for reinforcement.
8. Do not get the surgical bandage wet! Sponge bath only or apply 2 plastic bags around ankle with duct tape before showering to KEEP BANDAGE DRY.
9. If you experience **fevers, chills, or have swelling in the calf**, please call the office immediately. Report any injuries to the foot ASAP.
10. TRY TO REST AS MUCH POSSIBLE. THE FIRST FEW DAYS ARE THE WORST AND SHOULD FEEL MUCH BETTER AFTER YOUR POST-OP APPOINTMENT AND BANDAGE CHANGE.