

1. Rest and elevate foot as much as possible to keep 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. You may use crutches or a walker if instructed. You may only weightbear if indicated by Dr. Bhakta.
3. 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 onset of tingling. Make sure you have had some food prior to taking your pain medication.
4. You will feel throbbing when the foot is down when walking due to blood rushing to the surgical site. That is normal. It is worst the first 24-48 hrs and then usually improves.
5. If your pain is severe and pain medications do not help, please call me at 703-753-3338 after hours or email our office at www.pwfoot.com. You may cut a 1 inch slit into the bandage on the opposite side of the surgery to decompress bandage as that may cause increased pain. Please do not feel apprehensive about contacting Dr. Bhakta, as he wants this to be a comfortable experience as possible.
6. 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 and bandage. If the bleeding is moderate and bandage is moist, please contact Dr. Bhakta ASAP.
7. Do not get surgical dressing wet! Sponge bath only or apply 2 plastic bags around ankle with duct tape before showering to KEEP BANDAGE DRY.
8. If you experience fevers, chills, or have swelling in the calf, please call the office immediately. Report any injuries to the foot ASAP.
9. TRY TO REST AS MUCH POSSIBLE. THE FIRST FEW DAYS ARE THE WORST AND SHOULD FEEL MUCH BETTER AFTER BANDAGE CHANGE.