



## Ashland / Mansfield Foot and Ankle Specialists

---

**Dr. Larry J. Zimmerman\***

**Dr. Adrian N. King\***

**Dr. Brian J. Zimmerman**

*Diplomates of The American Board of Podiatric Surgery\**

### INSTRUCTIONS FOR POST OP CARE AT HOME

1. Keep the surgical area **CLEAN** and **DRY**. **DO NOT** remove the bandage or inspect the wound. A normal amount of bleeding is to be expected in the surgical area. (If there is excessive amount of bleeding, please call the office.)
2. Elevate the operated foot above the waist by placing pillows under the leg to keep the swelling down.
3. Wear the post operative wooden shoe. **DO NOT WALK** in socks.
4. Exercise the legs periodically by bending the knees and ankles to stimulate circulation.
5. Use a foot cradle (made from a large cardboard box) if necessary to keep the pressure of the blanket off the operative area.
6. For mild discomfort, take 2 aspirin or Tylenol every 4 hours as needed.
7. Take oral temperature daily. Call the office if over 100 degrees.
8. Take the medication, if needed, as prescribed for pain and anxiety. To prevent nausea, eat before taking the medication.
9. Eat a regular balanced diet high in protein.
10. If constipated, take a laxative at bed time.
11. In case of emergency, please call us during or after office hours at 756-1961 or 281-3668. If after office hours call 527-9295 and punch in a phone number where you can be reached and one of the doctors will return your call.
12. Make sure that you have made a post operative appointment.