

Ashland/Mansfield Foot and Ankle Specialists

Dr. Brian J. Zimmerman* Dr. Kevin M. Houseman* Dr. Jeremiah Dillon Dr. Rebecca Inwood

Diplomates of The American Board of Podiatric Surgery* Certified Wound Care* American College of Foot and Ankle Surgeons*

Instructions for Post-Operative Care at Home

*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.

*Elevate the operated foot above your waist by placing pillows under your leg. *This will keep swelling to a minimum and decrease pain.

*Wear the surgical shoe. DO NOT walk in socks.

*Bend your knees and feet often to stimulate circulation.

*For mild discomfort, take Aspirin or Tylenol as directed on bottle, and agreed to by your primary care physician.

*Take your oral temperature daily. Call our office if your temperature is over 100 degrees F.

*Take antibiotic, pain or anxiety medication as prescribed. Eating beforehand can prevent nausea.

*Eat a balanced diet, high in protein.

*If constipated, take a laxative at bed time.

*Make a post-op appointment before you leave today!

*Call our office with any concerns

Mansfield 419-756-1961

Ashland 419-281-3668

550 South Trimble Road Mansfield, Ohio 44906* ph 419-756-1961 f 419-774-9145

45 Amberwood Parkway Ashland, Ohio 44805* ph 419-281-3668 f 419-281-4219

www.amfootandanklespecialists.com