



Northeast Wisconsin Foot & Ankle Associates

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Outpatient Surgery Homegoing Instructions

1. Keep bandages clean, dry and intact. **DO NOT REMOVE BANDAGES.**
2. **NO** showers unless cleared by the Doctor. If the bandage becomes wet, contact the office immediately.
3. Elevate the operated foot above the level of your heart by using 2 pillows under your calf or leg.
4. **REMAIN QUIET AND OFF YOUR FEET FOR THE FIRST 24 – 48 HOURS.** During this time keep the foot elevated as much as possible and place ice packs on the top of your foot (for foot surgery) or the front of your ankles (for ankle surgery).
5. **APPLY ICE** packs to the top of your foot **OR** front of your ankle for 30 minutes, then 30 minutes without ice. Do this for the first 24 – 48 hours. Be very cautious that the ice bag does not leak onto the bandage. You do not need to apply ice at night when you are sleeping. **DO NOT APPLY HOT WATER BAGS OR HEATING PADS.**
6. If you have been given crutches, **DO NOT APPLY WEIGHT** to the operated foot. Use crutches/and or special shoe or boot as instructed by the Doctor. You will have less pain and an improved surgical outcome if you remain off of your foot by using the crutches.
7. If you have been given a surgical shoe or boot, this must remain on at all times when moving around (even when going to the bathroom). You may remove it only when resting.
8. To help reduce swelling and prevent blood clots, bend knee and rotate foot and ankle at least 5 minutes each hour while awake.

9. An operation has just been performed on your foot or ankle. Swelling and/or bleeding are of prime concern for the first 24 – 48 hours. Any swelling or bleeding that may occur needs to be controlled by following the instructions on this sheet. The amount of swelling or bleeding may also differ from one patient to another and may be controlled with rest, elevation, ice and medication. You also may note areas of bruising on the skin – this is common and no cause for alarm.

10. Nausea and lightheadedness may sometimes occur due to medication. Follow a light diet, drink plenty of liquids, and abstain from use of alcoholic beverages while taking medications. Always take medications with a bit of food or milk. Take your temperature twice a day for the first 7 days. If it increases to 100 degrees Fahrenheit or higher, call the office immediately.

11. Phone office immediately if you notice persistent throbbing, pulsating pain accompanied by redness, hotness and swelling, or any other problems not discussed in these instructions. Should you bump or injure your foot in any way notify the office immediately. If pins become removed or work their way free, DO NOT attempt to push them back in or re-insert.

12. Should you incur any other problems not discussed in these instructions, please phone immediately.