



FAMILY
Foot and Ankle
Center

Post-Operative Instructions

Foot Surgery:

1. Take the prescribed medication as directed. If mild discomfort persists, take Tylenol or Advil, and when numbness begins to wear off, use the prescription medication. If moderate or severe pain persists, take the prescribed medication to relieve the pain. If the pain continues to persist after use of the prescribed medication, call the doctor as soon as possible. ****DO NOT TAKE THE PRESCRIBED MEDICATION WHEN DRINKING OR DRIVING.****
2. Elevate the foot on two pillows. If a continuous ice machine is not being used for the foot, use an ice pack (or bag of frozen vegetables instead of an ice pack) over the front of the ankle of the surgical foot for 10-20 minutes three times a day for the first two days after surgery is performed. ****DO NOT USE HEAT UNLESS OTHERWISE INSTRUCTED.****
3. Take your temperature daily; if temperature rises above 100 degrees, call the office as soon as possible.
4. Keep the bandage dry and do not remove.
5. Use crutches as instructed until the first post-operative visit. Do not remove the surgical shoe.
6. If a cast is put on the foot, do not try to remove the cast or get it wet. Do not place any objects on the cast.
7. It is normal after surgery for there to be some swelling in the toes or for the toes to have some black or blue discoloration around the surgical site. The discoloration and swelling should disappear over time. If the color of the toes is alarming or you are concerned, call the office.

Richard S. Mendelsohn, D.P.M., F.A.C.F.A.S. - Board Certified in Foot Surgery; Fellow, American College of Foot & Ankle Surgery; Diplomate, American Board of Foot and Ankle Surgery
Michael L. Petranek, D.P.M., F.A.C.F.A.S. - Board Certified in Foot Surgery; Fellow, American College of Foot & Ankle Surgery; Diplomate, American Board of Foot and Ankle Surgery
Darlene N. Saheta D.P.M., F.A.C.F.A.S. - Board Certified in Foot Surgery; Fellow, American College of Foot & Ankle Surgery; Diplomate, American Board of Foot and Ankle Surgery
Adisa Mujkic, D.P.M., A.A.C.F.A.S. - Associate, American College of Foot & Ankle Surgeons • Gary Scheib, D.P.M. • Deena L. Charney, D.P.M.

20905 Professional Plaza | Suite 310 | Ashburn | VA 20147 | P. 703-723-9267 • 9918 Main Street | Fairfax | VA 22031 | P. 703-273-9818
1313 Dolley Madison Blvd. | Suite 403 | McLean | VA 22101 | P. 703-556-8637 • 1760 Reston Pkwy | Suite 310 | Reston | VA 20190 | P. 703-723-2719

F. 1-866-453-6775 • WWW.FAMILYFOOTANDANKLE.COM • E. office@familyfootandankle.com