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Post Operative Foot Surgery Instructions

Minimally Invasive Surgery

1. Take your prescribed medications as instructed: Antibiotic _____ Pain Pills _____
2. Keep your bandages clean and dry. DO NOT remove the bandages or inspect the wound. If the bandage does happen to get wet, let air dry.
3.
 - a. DO NOT sit with your feet down or stand in one place for any length of time. This causes the feet to swell and become painful.
 - b. DO NOT cross your legs. This cuts off circulation to the feet and causes swelling.
 - c. If your feet swell, lie down with your feet up and your head lower than the rest of your body. This allows congested blood to leave your feet and relieve the pressure.
 - d. Exercise the legs periodically by bending the knees and ankles to stimulate circulation and avoid muscle cramping.
 - e. DO NOT sit with your feet propped up for long periods of time. Either lie down or walk periodically.
 - f. Walk only in your special postoperative shoes (no barefoot) if instructed to do so.
4. You may begin walking to tolerance right away. Walking in moderation is better for you than sitting following foot surgery because it increases blood supply to the feet, preventing complications.
5. Call this office immediately if:
 - a. There is excessive bleeding (dripping). It is normal to see blood on the outer bandage.
 - b. Your medication does not stop the pain.
 - c. You should bump or injure your foot.
 - d. You develop a fever.
 - e. Any event occurs which you feel is an emergency.

If no answer or after hours, call

Dr. Nunez, 208-640-6809

R. Kinney, RN 509-448-4808 H 509-280-0190 Cell
M. Kopriva, RN 208-769-7567 H 208-755-8720 Cell

6. You may feel a clicking or popping sensation when you walk after certain procedures. The bones naturally try to adjust to the desired and balanced anatomical position as you bear weight. This is a normal part of the healing process with this technique. It is temporary and to be expected.
7. Take your regular medications, eat a well balanced diet, and drink plenty of water.
8. Apply an ice pack to the ankle 3-4 times per day for 15 minutes at a time for the first day postoperatively to reduce pain and swelling. Continue to ice during the healing process as needed.
9. Your next appointment is on: _____

Patient's Name: _____ Date: _____