



**Foot & Ankle**  
**PARTNERS OF EL PASO**  
*Dedicated Care*

## **Post-Operative Instructions and Care:**

If you had foot or ankle surgery, please follow the instructions below or otherwise instructed by *your* physician.

1. It is very important to REST, ICE AND ELEVATE your operative foot/ankle after surgery.
2. Ice operative site for 15-20 minutes every 2-3 hours after surgery. Please be sure to keep your post-operative dressing dry.
3. You may notice a small amount of blood on your dressing after surgery. This is normal. Please rest, ice and elevate your foot/ankle. If the bloody drainage does not stop, please notify your surgeon and/or go to the closest emergency room.
4. Please keep your dressing dry, clean and intact. Do not remove it unless specified by your surgeon.
5. Take your pain medication as prescribed.
6. You may notice a sore throat and/or upset stomach after surgery. This can be normal. Please notify your surgeon if symptoms persist or at anytime you feel necessary.
7. It is *very* important to follow the weight-bearing status your physician discussed with you.
8. If you were prescribed a special shoe or boot to use after surgery, please follow your surgeon's instructions.
9. If you were prescribed crutches, a walker or a wheelchair, please follow your surgeon's instructions.

*If you have any concerns or questions, call us at 915-503-2020.*