



CHINOOK

FOOT & ANKLE CLINIC

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Post-Operative Instructions:

A surgical procedure has just been performed on your foot and/or ankle. The amount of discomfort varies from one patient to another. Please act according to the following instructions to minimize swelling and pain, and to ensure proper healing.

1. If you smoke tobacco, marijuana, vape, or take nicotine in any form it may significantly impact your healing.
2. From the hospital, go directly home. Elevate feet on the way if possible. Do not sit with your foot down or crossed for any length of time. **A limited amount of swelling is expected. In some cases, the skin may take on a bruised appearance. This is no cause for alarm.**
3. Elevate your feet about 3 inches above your heart by supporting your feet and legs with pillows.
4. You **MUST** keep the dressing dry. Do not shower or get your foot wet in the slightest.
5. You Should apply an ice bag to the top of the ankle or **behind** the knee if you can't get to your foot due to bandages 15 minutes on and 15 minutes off as needed.
6. **DO NOT** remove the bandages or inspect the wound. Blood on the bandage is normal. Bandages should **only** be removed and changed at your first surgical follow up, unless otherwise directed by your podiatrist.
7. If your bandages become tight and/or your feet and toes begin to throb, tingle, turn blue or become numb you may loosen the top layers of your bandages. **DO NOT** expose the sterile layers near your incision. If the problem persists, call our clinic or Healthlink (811)
8. If pin is in place wipe with alcohol wipe around the pin and place polysporin around the Skin interface daily.
9. Exercise your legs frequently by bending your knees and ankles to stimulate circulation and speed the healing process, unless instructed otherwise by your podiatrist.
10. It is **mandatory** to wear your surgical shoe or aircast boot at **ALL TIMES** for a **minimum** of 6-8 weeks, unless otherwise instructed by your doctor. This is vital to the successful outcome of your surgery.
11. If your doctor has instructed you to **be non-weight bearing**, be very careful to follow these instructions. Use crutches or a knee scooter, as instructed for possibly 6-8 weeks.

12. You are not permitted to drive after surgery if the procedure was performed on your right foot or if you drive a manual (standard) transmission vehicle. **You must wait until your surgeon clears you to drive**, as operating a vehicle while wearing a surgical Aircast boot or post-operative shoe presents safety risks and may violate legal regulations.
13. Take your medication(s) as directed. If they cause stomach upset, headache, rash, or other abnormal reactions, discontinue use, and call your doctor.
14. Curtail alcoholic beverages and smoking.
15. Get plenty of rest with your foot elevated, drink lots of fluids, and eat your regular well-balanced diet. Take 500 mg of Vitamin C a day for 45 days after surgery. Also take the daily allowance of Vitamin D a day.
16. Please bring a **LOOSE** sock to your week 2 post op appointment.
17. Once your sutures have been removed, you can place Paper Tape over the incision to reduce the possibility of excessive scarring.
18. Call our office if:
 - a) The bandages become overly saturated with blood.
 - b) Pain is intolerable despite taking medication.
 - c) You should bump or injure your foot.
 - d) You develop a fever.
19. If you develop chest pain or shortness of breath call Healthlink (811) or go to the ER for further evaluation and then notify our office at the next available business hours business hours Mon-Thurs (8:30am – 5 pm). If the above continues, repeat this process.