

Provider: Corey Thompson, MD

Foot and Ankle Center Forefoot Surgery Post-Op Instructions

For Questions or Concerns:	
Office	919-232-5020
Medical Assistant	Kristen Bagley (kbagley@wakeortho.com)

Important Information

- After discharge, look at the list of discharge medications discussed and given to you by your nurse or Dr. Thompson. Take all medications exactly as prescribed and remember to look at the information sheets (provided by the pharmacy) for medication side effects or interactions.
- Become aware of the **Danger Signals** listed below.
- **DO NOT** drink alcohol while you are taking pain medication.
- **DO NOT** return to work/school or drive a car until you have been given permission by Dr. Thompson.

Please read the following information carefully:

1. Elevate your foot as much as possible for the first 72-hours after surgery. Some bleeding on the dressing may occur. Simply tape a sterile 4X4 gauze pad over the area. This may be purchased at any pharmacy.
2. Please follow weight bearing instructions given by Dr. Thompson. You may start gentle weightbearing on the heel as instructed by Dr. Thompson in the forefoot offloading shoe provided.
3. You may need to use crutches or a walker. This is to help keep your balance. If putting weight on your heel causes any blood to spot on your dressing, continue to elevate your foot for an additional 24-hours. Reinforce the dressing as needed with a sterile 4X4 gauze.
4. It is best to sponge bathe but use a shower bag. A significant number of patients get their dressing wet if they take a shower or bath, no matter what they use to keep it dry.
5. It is important not to place any direct pressure on the front of your foot until the wound heals.
6. You will follow-up with Dr. Thompson 7 to 14 days after your operation. At that time your dressing will be changed; a smaller dressing will be applied. Sutures are typically removed three (3) weeks after surgery.

7. Most patients will return to a comfortable walking shoe within 6 to 8 weeks after surgery. Swelling may occasionally delay wearing flat dress shoes.
8. Formal physical therapy is not usually required, but it may be beneficial to some patients.
9. You may experience occasional swelling for up to one year after surgery.

Call the office if you notice any of the following symptoms:

- A temperature over 101 degrees F
- Excessive bleeding from the incision
- Foul smell/cloudy drainage from the incision
- Increasing, severe pain not relieved by medication
- Markedly increased swelling you your leg/calf

You have been prescribed a pain medication which has several side effects. Most common side effects are drowsiness, nausea and/or vomiting, itching, constipation and irritability. If these are prolonged or severe, your pain medication may need to be changed.

You must contact the office during regular business hours to have a new prescription written. If you need a prescription refilled, please email Kristen Bagley at kbagley@wakeortho.com.

For post-op questions please email Kristen Bagley at kbagley@wakeortho.com. After hours (after 5:00PM or weekends), the on-call physician will not refill a prescription or call in a new pain medication prescription.