

COASTAL CAROLINA FOOT & ANKLE ASSOCIATES

Dr. Jeffrey B. Pupp

Dr. Kevin Bachman

DIRECTIONS FOR HOME CARE FOLLOWING FOOT SURGERY

1. After the surgery you will be fitted with a surgical shoe, surgical boot or cast, depending on your surgery. **DO NOT REMOVE DRESSINGS OR CAST.** This will be taken off by your surgeon on your first post operative visit.
2. **DO NOT GET INCISION SITE OR BANDAGES / CAST WET.** Our office now carries water proof cast covers. The cost is \$55 and these can be used multiple times. If an accident occurs, contact the office immediately so we can get you in and change the dressings.
3. You may be given pain and/or antibiotic prescriptions by your surgeon. Take medications as directed. If you experience nausea, upset stomach or an allergic reaction such as itching or a rash, call the office immediately.
4. Please do not put any weight on the surgical foot unless instructed by your doctor. If you are in a cast, **DO NOT** attempt to walk on it. You could damage the surgical site or disrupt the surgical fixation thus prolonging your healing time. Crutches will be issued if needed at the time of surgery.
5. Bruising is common up to 4 weeks after surgery. If the site is black and blue or purple, this is normal following surgery. If you feel the bandages are too tight, check the tops of your toes by pinching them lightly. If they return to a pink color the bandages are fine. If they remain slightly blue or purple, call the office. **DO NOT TAKE ANY BANDAGES OFF YOURSELF.** It is normal for you to experience redness, tenderness, or discoloring around the surgical site.
6. **CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:**
 - a. Red streaking up the foot and or leg
 - b. Excessive bleeding through all bandages (bright red blood)
 - c. Foul odor or discharge
 - d. Fever / Nausea / Vomiting
7. **If you are experiencing any symptom that is questionable, please contact the office. If you feel that you need to contact us after business hours please call (910) 343-8889, leave your telephone number and a message with the answering service and the doctor on call will be paged.**

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