

Post-Operative Instruction Sheet

TOE SURGERY

- ❖ A surgical operation has just been performed on your foot, the amount of discomfort and swelling will vary patient to patient. **DO NOT REMOVE THE BANDAGE**. The surgical dressing that was placed on your foot is sterile and acting as a splint to hold your toe in proper alignment and to help reduce swelling. If the bandage feels too tight due to swelling you may cut small slits along the edge to give some relief.
- ❖ **KEEP FOOT ELEVATED** during the first 24-48 hours; this will help reduce the edema and pain. Reduce amount of walking and standing to a minimum to keep swelling down. Toes are notorious for swelling so please try to reduce all activities for a minimum of 48 hours.
- ❖ **ICE** can be applied over the medial ankle area, or directly over the bandage. Never use a heating pad on your foot, this will cause excessive swelling and increase pain.
- ❖ Pain will most likely occur within hours of the procedure, therefore **DO NOT WAIT FOR PAIN**, eat something substantial and take the pain medication. Don't suffer, pain peaks during the first three days of any procedure, on the fourth day most people are completely off their pain medication, or have reduced it substantially.
- ❖ Wear the surgical shoe, even a short walk to the kitchen or bathroom can allow an injury to the toe which may necessitate further surgery, the shoe is part of the dressing and is needed for proper healing.
- ❖ To shower or bathe place three plastic bags (kitchen tall bags) or use the rain gear you purchased at the office to go over the dressing and surgical shoe. To secure the bags use tape or coban below the knee area. Be Careful, the bags will be slippery. If the bandage gets wet dry it as soon as possible, if necessary use a blow dryer, if the bandage is very wet call the office immediately
- ❖ Seepage of blood is normal and should be ignored, however, if there is active and persistent bleeding such as blood running out of the bandages while the foot is at rest, call the office immediately.
- ❖ Discuss all questions or any possible problems with your doctor not your relatives or friends. If pain is severe and elevation, ice and pain medications are not alleviating or reducing the discomfort, or if you note red streaks radiating from the surgical site CALL OFFICE IMMEDIATELY 251-626-5065. Emergency backup directly to answering service is 251-990-6825.