

SAN ANTONIO PODIATRY ASSOCIATES, P.C.

GENERAL FOLLOW-UP INSTRUCTIONS AFTER FOOT SURGERY

1. Keep your feet elevated as much as possible. The longer you elevate your feet, the less they will hurt.
2. Keep bandages on the feet dry.
3. Limit your walking activities.
4. If pain or swelling persists, apply ice in a plastic bag over the foot.
5. If pain is severe whether you are on your feet or not, your bandage may be too tight and you may have to loosen it somewhat.
6. Remember, some bleeding after surgery is expected. If bleeding is excessive, elevate foot and apply compression bandages to control the bleeding.
7. Call your surgeon if problems persist.

**One Medical Park 490-1871
Physician Plaza II 692-0279**

Emergency Number (after hours) 785-0379