

Surgery Aftercare



PREMIER PODIATRY

Your Podiatrist has completed surgery for your Foot/Ankle Condition. Here are some aftercare tips to do to ensure a proper recovery route.



Things to keep in mind right after surgery:

DO NOT drink alcohol or drive/operate heavy machinery/power tools while on pain medications

DO NOT smoke/chew any tobacco products due to possible infection or more serious risks

CUT DOWN on caffeine

DO NOT skip meals or you may feel dizzy, shaky or anxious

DO NOT get wound wet. Utilize a shower bag when bathing.



Surgical After Effects:

- Decreased appetite/Nausea
- Difficulty sleeping
- Mood Swings
- Constipation
- Pain/Swelling
- Skin Irritation
- Numbness
- Bleeding/Drainage

Pain Management after surgery includes taking medications prescribed, icing, elevation, and proper wound care. Make sure to ask your Doctor any questions on proper dressing of the wound and cleaning process.

Make sure to take care of your health before & after surgery!

