

FOOT CENTERS OF TEXAS
S. Nicholas Desai, D.P.M.
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POST OPERATIVE CARE INSTRUCTIONS

Patient Name:

Date of Surgery:

1. Elevate operative extremity site with pillow elevation above the level of your heart.
2. Keep the dressing on the lower extremity clean, dry, and intact. **DO NOT REMOVE THE DRESSING AT ALL.**
3. If dispensed, use the cold therapy unit or ice pack continuously for the first 48-72 hours and then no more than 1-2 hours on and 2 hours off on an as needed basis.
4. The first dressing change will be done within one week after the surgical operative procedure unless otherwise discussed by the operating physician.
5. Start with clear liquids and then advance to pre operative diet as the anesthesia may affect your stomach immediately post op.
6. Use the crutches or walker as directed by Dr. Desai and/or physical therapy at all times.
7. Finish the medications to completion as dispensed by Dr. Desai. All post op medication prescriptions are to be filled prior to OR date or to be given prior to discharge from the hospital or surgery center. **DO NOT LEAVE WITHOUT YOUR PRESCRIPTIONS** which are included with the orders.
8. Remain non weight bearing unless otherwise instructed by the operating physician.
9. If dispensed, use the CAM walker boot and crutches or walker as directed for assistive ambulation **IF APPLICABLE** to your particular case.
10. It is common for some people to suffer form a slight low grade fever and even nausea/vomitus the night of surgery due to anesthesia and/or the surgical procedure. If this occurs, it is important to record the temperature and call Dr. Desai immediately via the service at 281-240-3338 after hours or during the day directly at the office at 281-240-3338.
11. You are to follow up in the office within one week upon discharge. Patient is to call 281-240-3338 for any additional questions.
12. You did great! Happy healing.....

(S. Nicholas Desai, DPM)