

WHAT TO DO AFTER YOUR HOSPITAL SURGERY

1. If you have a local anesthetic, it should last for 2-3 hours or more. This will give you time to go home and get comfortable. Be sure to fill the prescription for your pain medication and take as directed.
2. At home, elevate your foot six inches above the hip with a pillow.
3. A small amount of swelling and skin discoloration (bruise-like) is likely. Ice your foot every hour for 20 minutes when you are awake.
4. Keep your bandages dry and clean. Do not remove them. A small amount of blood on the bandage is normal.
5. Restrict the use of tobacco. Do not consume alcoholic beverages! Drink plenty of non-alcoholic fluids and eat well-balanced meals.
6. The surgical shoe must be worn as instructed. Exercise often by bending your knees to stimulate circulation.
7. Call the office immediately if:
 - Your operative foot changes color.
 - Your bandage becomes overly stained or you get the dressing wet.
 - Your medication does not stop the discomfort.
 - You bump or injure the surgical site.
 - You develop a fever greater than 100 F
 - You have any further problems or questions.
8. Take your medications as directed by the doctor.
9. Our non-emergency number is 1-877-FOOT-411
10. Our emergency number for Dr. Benson is (805) 607-0822.