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PODIATRIC POSTOPERATIVE INSTRUCTIONS

Diet after Out Patient Surgery

- Liquids and soft diet today, normal diet tomorrow.

Medication for Pain

- Adult Tylenol (Acetaminophen) OR Adult Advil (Ibuprofen) as directed.
Or
- Take pain medication as prescribed by Michael A. DeVito.

Activity

- Rest today, walking as tolerated to bathroom and meals only for the first 6-7 days following surgery.
- Surgical shoe or boot must be worn at all times when walking.
- Keep feet/foot elevated when resting by using two extra pillows under lower leg.
- Do not put pillows under knee and ankle.

Special Instructions

- Keep dressing clean and dry – do **NOT** remove bandages. Some bleeding on bandages is normal. Any excessive amount, please call doctor's office.
- Wear postoperative shoes whenever up. **DO NOT WALK IN BANDAGED FEET.**
- An ice pack may be applied at the ankle for pain and swelling 20 minutes on and 20 minutes off throughout first two days.
- Some bruising and/or discoloration is normal after having surgery.

PLEASE KEEP YOUR FOLLOW UP APPOINTMENT WITH DR. DEVITO

Warnings: Call your doctor promptly, in case of:

- Persistent or abnormal bleeding
- Difficulty breathing
- Fever, chills
- Persistent nausea and vomiting
- Unusual pain or total loss of sensation

Contact your surgeon, Dr. DeVito at (708) 425-5656 if any of the above should occur.



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OUT PATIENT SURGERY: FOR YOUR INFORMATION

Patients vary considerably in their response to surgery and anesthesia. Not all of this information will fit every patient.

Most patients feel tired after receiving anesthetic. It is not unusual for the patient to sleep on and off after arriving home on the day of the surgery or to experience mild to moderate muscle aching. We recommend that most patients take it easy on the day after surgery and for about 6-7 days after.

Most patients have little or no nausea. Some patients have moderate nausea and vomiting which disappears after several hours. Occasionally, a patient has nausea and vomiting which persists for the entire day of surgery. This is naturally unpleasant for the patient but it is uncommon for these symptoms to last for more than 12 to 18 hours. If the vomiting persists until the day after surgery, we recommend that you call your surgeon.

Most patients find that simple liquids, such as ginger ale, cola or hot tea agree with them several hours after surgery. We recommend a light sensible diet for the evening meal such as soup and crackers, soft boiled egg and toast, cereal, Jell-O or sherbet.

It is not unusual to have mild tenderness or discoloration and swelling at the site of the needle puncture if intravenous fluids were administered. A warm, moist cloth put over this area for one – half hour periods will usually help. Marked tenderness or red streaking on the arm above the needle puncture requires attention and you should call your surgeon.

If your surgeon has prescribed a pain pill with codeine or some other narcotic, realize most pain pills require about 45 minutes to reach their full effect. Since these pain pills may reduce some loss of judgment or coordination, it is best to stay in bed until their effects begin to wear off. Discoloration and swelling may occur near the surgical site. This will subside in time. If the doctor recommends support hose or stretched tape for toes bring them to your follow up visit for instructions before using.