

POST PROCEDURE INSTRUCTIONS

1. You have had a minor procedure today. Expect some swelling, redness, and/or tenderness in and around the procedure site that should gradually decrease and disappear in a few days. In some cases, the skin may take on a bruised appearance. This is no cause for alarm.
 1. Report any unusual redness, swelling, red streaks or fever at once with 101 Fahrenheit or greater.
 2. If bleeding should occur, apply firm *uninterrupted* pressure to the area for 20 minutes. In the rare even that bleeding continues, greater than dollar in size, call our office or go to the nearest emergency room.
2. Apply ice to the operated area, 20 on and 20 off, 2-3 times a day for discomfort and swelling. Do not apply ice directly to the skin. This can be done 1-2 times per day, as needed. Allow skin to warm up between icing sessions.
 1. And keep the foot elevated for the next 5 to 7 days 7 to 14 days.
3. **Keep dressing clean, dry and intact.**
 1. Do not get dressing wet.
4. Do not engage in any moderate to heavy physical activity for 2 to 3 weeks.
5. You should not drive for 24 hours after your procedure or until given permission by Dr. Mechanik. OK to drive.
6. Take Tylenol 500mg to 1000mg, Ibuprofen 600 to 800 mg, follow product instructions, as directed by Dr. Mechanik as needed for pain and swelling *Avoid if allergic and notify Dr. Mechanik for alternatives.
7. Average healing time is 4-6 weeks.
8. Patient was advised to check capillary refill and circulation.
9. Wear open toe or other non-compressive shoe gear on affected foot for next 7 to 14 days.
10. No public gyms for at least 14 to 21 days.
11. Return to office for post op evaluation: 10 to 14 days.
12. Healing times may vary. As with any surgical procedure, complications such as infections can occur. Follow the post-op surgical instructions carefully to help reduce the risk of infection.

Call the office phone, with any questions. For weekends or after hours, follow the prompts to leave a message for Dr. Mechanik and he will call you back.