

**SAN RAMON SURGERY CENTER
200 PORTER DRIVE, SUITE 100
SAN RAMON, CA 94583
925-838-6880**

**POST OPERATIVE INSTRUCTIONS
WEIGHT BEARING PATIENTS**

1. If you had a general anesthesia or sedation during surgery, you may feel dizzy, light headed, or sleepy for the next 12-24 hours. This is perfectly normal. **Do not drive, drink alcoholic beverages, make important decisions, sign legal documents, or operate mechanical or electrical devices for the next 24 hours** or until directed by your doctor. Some anesthetics have delayed metabolism and can interfere with the ability to perform these tasks. **Do not eat heavy or large meals until the next day.** A heavy meal may be difficult to digest. Spicy and greasy foods should be avoided. **Do notify physician if you have not voided within six hours of discharge.**
2. If any problems or questions arise, call the office directly.
3. Remain quiet and off your feet as much as possible for the first 48 hours. After that, you may ambulate to tolerance as directed. Be sure that when you are not walking, keep your feet elevated above the level of your waist. Apply ice pack on leg above dressing for first 48 hours to help reduce swelling. (Make sure ice pack does not leak onto dressing).
4. Keep dressings clean and dry. Do not remove them. You may shower when instructed by the doctor, usually in 48 hours. Dressing must remain dry.
5. You may begin to walk after surgery in the post-operative shoe(s) provided. Please make sure you wear the post-operative shoe any time you are walking.
6. Call the office if you develop a fever.
7. Call the office if you have any increase in pain unrelieved by pain pills, an increase in bleeding, the dressings become too tight, or if you bump or re-injure your foot.
8. Take your pain medication as prescribed. Do not drive or drink alcohol while on prescribed medication.
9. See the doctor for your follow-up appointment 1 week following your surgery.

If something seems wrong or out of the ordinary, please contact your physician..

CALL PHYSICIAN IMMEDIATELY IF YOU:

- ✓ Observe excessive bleeding, drainage, redness, or swelling;
- ✓ Develop unexpected numbness, coldness, or change of color at operative site;
- ✓ Have extreme pain not relieved by prescribed pain medication, or a medication causes a reaction;
- ✓ Notice a foul odor emanating from surgical site, or have a temperature of 101°F or higher.
- ✓ If it is an emergency and you cannot reach your physician, go to the nearest emergency room or dial 911