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Disorders of the Foot/Sports Medicine

## POST OPERATIVE INSTRUCTIONS

Your recovery, like your foot problem and surgery, is as unique as you are. Listed below are some suggestions that can help you recover quickly and without complications, and help get you back on your feet again.

\*Keep dressings DRY. If your dressing(s) do get wet, be sure to contact Dr. Condon's office.

\*To help relieve pain and reduce swelling in the first 24-48 hours after surgery, apply an ice pack to the affected area at 30 minute intervals and elevate your foot above heart.

\*Take \_\_\_\_\_ every \_\_\_\_\_ hours to reduce post-op pain and swelling with a meal.

\*Take \_\_\_\_\_ upon feeling foot waking up from anesthesia, and take one every \_\_\_\_\_ hours ONLY if you should experience severe pain. Taking a stool softener ( Colase or Metamucil) may reduce your chances of constipation.

\*Minimal bleeding is not abnormal after having surgery, but if bleeding on the dressing becomes larger than a silver dollar be sure to contact Dr. Condon's office.

\*Wear Post operative shoe or Aircast boot at all times. This stabilizes and protects the foot as it heals.

\*A foot cradle may be fashioned from a cardboard box and used to protect your foot from bedsheets.

\*Please feel free to call the office if you have any further questions.

IN CASE OF AN AFTER HOURS URGENCY DR. CONDON CAN BE REACHED BY CELL PHONE NUMBER (530) 251-7428. URGENT CARE FACILITIES ARE LOCATED IN TRUCKEE (530) 582-3206, AND INCLINE VILLAGE (775) 832-3811 EXT 111

FOR EMERGENCY CARE, CALL 911

HEALTHY FEET FOR AN ACTIVE WORLD