

Eulano Foot & Ankle, P.C.
Dr. Albert E. Eulano, D.P.M.

9817 N. 95th Street, Suite 115
Scottsdale AZ 85258
(480) 948-8754

POST SURGICAL HOME CARE INSTRUCTIONS

1. Fill your prescriptions immediately and follow instructions on the label.
2. Go directly home.
3. Keep your foot elevated above your hip when in bed and when sitting. This helps to minimize swelling and discomfort.
4. Your bandage is now clean and dry. You must keep it clean and dry in order to avoid infection. **DO NOT REMOVE BANDAGE.** A small amount of bleeding into your bandage is no cause for alarm. In some cases the skin takes on a bruised appearance. This is normal.
5. If discomfort occurs, place ice in a plastic bag and apply it adjacent to the operated area for 30 minutes out of each hour for several hours or until comfortable. **DO NOT** allow the bandage to become wet. **DO NOT** apply heat.
6. Always wear your post-operative shoe, even in bed. Keep walking to a minimum for the first 24 hours; short necessary trips to the bathroom, refrigerator, etc.
7. It is important to keep the foot dry, moisture can cause infection! Showering with a plastic bag wrapped around your foot will **NOT** keep the area dry! Please do not allow the dressing to get wet.
8. Please call the office if any of the following occur:
 - a. Your bandage becomes wet, soiled, or saturated with blood.
 - b. You bump your foot or drop something on it.
 - c. You have discomfort which is not relieved by elevation, ice, and your pain medication.
9. We are concerned that your recovery be prompt and comfortable. Please cooperate with us by carefully following the above directions. We are as close as your telephone. We can be reached at (480) 948-8754 24 hours every day.
10. Additional: _____
