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## POST- OP INSTRUCTIONS

Elevate the foot and left as soon as you arrive home. This is best accomplished with two pillows placed in a "T" supporting both the surgical foot and behind the knee.

Ice can be used as a comfort measure. Apply twenty minutes on and twenty minutes off the surgical area. Be sure to protect the dressing from getting wet. Apply ice for 24 hours to reduce discomfort and swelling.

Keep the dressing **DRY, CLEAN AND INTACT!!! LEAVE IT ALONE!!!**

Pain medication will be ordered to minimize discomfort and should be taken as directed on the prescription. It is suggested that you take something for the pain before the anesthesia wears off and prior to bedtime to ensure a good nights rest.

Do not hesitate to call Dr. Reaback with any questions or concerns. Call the office number (860) 633-9004 and the answering service will contact him for you when the office is closed.

Eat well and drink plenty of fluids. NO alcoholic beverages should be taken with any narcotic analgesic at anytime.

You may find it reassuring to sleep with the surgical shoe on. This will prevent the covers from resting against your surgical foot or place pillows at the foot of the bed to allow the sheets to wand over the foot.

**ALWAYS** walk with the surgical shoe, crutches or cane until instructed otherwise.