



FOOT & ANKLE
SURGICAL ASSOCIATES
OF ORANGE COUNTY

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Post-Operative Instructions

- Rest your foot as much as possible for 3 days.
- If you are having pain with standing, please stay off your foot until the pain subsides. This is your body's way of telling you that you are doing "too much."
- Ice the top of your ankle or surgical area if lightly bandaged.
- Ice 3 times a day for 15 minutes.
- Keep your dressing clean, dry and intact until instructed to remove.
- If the dressing becomes saturated and wet, please call office for dressing change.
- **If you have pain that does not improve, please loosen your dressing.**
- Elevate your foot above your hip as much as possible during the first 3 days.
- Elevate your foot above your hip for 30 minutes / 3 times a day after the first 3 days.
- Keep your shoe or boot on unless advised to remove.
- Take your prescribed medication as instructed. If you become nauseous or have a reaction, please contact the office.
- Please flex your ankle 100 times a day unless your surgery involved the ankle.
- **Report any calf pain or swelling immediately.**
- Please contact the office at **949-855-4414** if you have any concerns or questions.
- Please contact us at erictravisdpm@yahoo.com or 949-855-4414 if you are having an emergency and need assistance.

Thank you,
Eric Travis, DPM
Wesley Kobayashi, DPM