

## **STEINBERG PODIATRY ASSOCIATES P.A.**

### **Make your Surgery more successful**

Upon leaving the hospital or surgery center you should go right home and to bed. Only walk as much as you have to in order to get in the house. Remember to elevate your feet and use ice. If your surgery was performed in the morning, you will start your antibiotics that evening. If your surgery was performed after 5:00 P.M. then you will start your antibiotics the next morning. Late in the evening the numbing medicine may begin to wear off. If you have any throbbing in the foot, take your pain medication as directed and get some sleep. After the first night, only take the pain medicine as needed. Most discomfort at this point is relieved by elevating the feet and using the ice. Continue to use ice as directed for the first week. Take the antibiotics as directed until they are all gone. The less you are on your feet the less pain and swelling you will have. Swelling slows the healing process. You should limit your activities to inside the house for the first week. Changing rooms is fine, but remember to prop your foot up. A pillow and coffee table work fine if you do not have a recliner. No long periods of standing. Limit yourself to five minutes on your feet at a time and limit this to as few a times as possible (a half dozen would be reasonable). Walk only with your surgical shoe. You do not have to sleep with it, as long as you will remember to put it on even to walk to the bathroom in the middle of the night. Walking with the surgical shoe should be flat footed. Do NOT try to keep all of your weight on the heel or toes. Pain is the body's own defense mechanism. If you are experiencing pain, you may be doing too much. Stop and elevate the feet. After the first week you will begin more normal activities. Depending on the type of work, most patients are able to return at this point. Necessary activities such as shopping can now be performed. No activities which would get the feet wet or dirty should be contemplated, NO lawn work. By the second week your stitches will probably be out. By the third week you will begin exercising the operated portion of your foot. As soon as your bandages are off you will start massaging the area to reduce scar tissue. Depending on the type of surgery performed you should be well on your way to recovery at this point. Endoscopic or laser surgeries heal faster; traditional surgical procedures take longer. After the sixth week you should be able to gradually resume extra curricular activities and exercising. A good walking shoe should be purchased. If there is swelling in the foot a slightly larger size may be needed during the transition phase from a surgical shoe to your regular shoes. A shoe with a removable inner sole to allow more room is often helpful. Remember good supportive shoe wear can help prevent future foot problems.