William Wong, DPM, PA
POST-SURGICAL INSTRUCTIONS

A SURGICAL PROCEDURE HAS JUST BEEN PERFORMED. The amount of discomfort and swelling vary from patient to patient. Please follow these instructions.

1. While returning home from surgery:
   - Sit sideways in the back seat of the car with the surgical foot elevated.
   - Have your prescriptions filled immediately.
2. Remain quiet and off your feet for the first 24 hours. Place a pillow under the calf of your leg so the surgical foot is elevated.
3. Place and ice bag over the surgical area 10 minutes out of every half hour. This should only be necessary for the first 24 hours after the surgery.
   - Pain will be the worst the first night following the surgery. Please take pain medication every 4-6 hours as prescribed until the next morning. After the first night, take pain medication as needed.
4. **DO NOT CHANGE YOUR BANDAGES**. Leave bandages on unless otherwise advised by the doctor.
5. **DO NOT** use hot water bags or electric heating pads on your foot.
6. **KEEP OPERATIVE AREA COMPLETELY DRY**. If the bandage accidentally gets wet, dry immediately with an absorbent towel and call Dr. Wong. If the bandage gets soaked, promptly remove and re-bandage and call Dr. Wong.
7. Your bandages may become somewhat bloody. Should this occur do not become alarmed. However, if there is active and persistent bleeding contact our office or Dr. Wong if after hours.
8. To help the throbbing, keep foot elevated. If the throbbing persists and the pain medication does not help the throbbing, contact our office or Dr. Wong.
9. Nausea and light-headedness sometimes occurs due to pain medications. If this happens, please call our office or Dr. Wong.
10. Follow a light diet. Plenty liquids and abstain from consuming alcoholic beverages while taking medications.
11. Bend knee and rotate foot and ankle at least 5 minutes during each hour after surgery for 24-36 hours while awake.
12. Limit walking to your tolerance, but keep it to a minimum. Stay off your feet as much as possible. Wear your cut out surgical shoe when walking. **DO NOT** walk on your foot without your surgical shoe.
13. Should you bump or otherwise injure your foot or surgical site in any way notify our office or Dr. Wong **IMMEDIATELY**.
14. If your temperature arises over 100 degrees call the office or Dr. Wong.
15. Your next appointment is_____
16. Should you incur any other problems not discussed in these instructions. Please phone the following telephone numbers until your reach the Doctor or member of his staff.

Doctors Office 863 686 1081 Dr. Wong's Cell Phone 863 660 9555
Assistant 863 660 9556

Specific Instructions**:** _____
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I hereby certify by my signature that the above instructions were fully explained to me, and to the best of my ability I will endeavor to follow such instructions and should any problems arise I will contact Dr. Wong.

SIGNATURE_____ DATE_____