



GENERAL HOME CARE INSTRUCTIONS

FOOT/ANKLE SURGERY

- You will be resting and elevating the foot/ankle as much as possible for several days.
- You will be given an ice pack to use on foot/ankle for several days.
- You will not be able to shower for several days.
- You will be seen by a Physical Therapist before surgery and given instructions on using crutches as well as walking restrictions.
- More specific instructions will be given on the day of surgery. Please contact your surgeon's office if you have additional questions.