

Gaithersburg Foot & Ankle Surgery Center, LLC

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Podiatrist

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POST OPERATIVE INSTRUCTIONS

1. Keep bandage dry and do not change it.
2. Keep foot elevated on pillow, and use ice bag for any mild swelling or discomfort.
3. Limit walking to tolerance, but keep it to a minimum.
4. Walk only in surgical shoes.
5. Take pills as directed.
6. Report any increase in swelling or bleeding immediately.
7. If you have any questions, call the office.