

**GARY S. SCHEININ, D.P.M.**

A PROFESSIONAL MEDICAL CORPORATION

DIPLOMATE, AMERICAN BOARD OF FOOT & ANKLE SURGERY

FELLOW, AMERICAN  
COLLEGE OF FOOT &  
ANKLE SURGEONS

BOARD CERTIFIED IN  
FOOT & ANKLE  
SURGERY

**POST-OPERATIVE HOME CARE INSTRUCTIONS**

1. Please follow the instructions to reduce post-operative problems. This will speed your recovery and return you to your daily activities as soon as possible. Each patient's care is as unique as his/her surgery.
2. **Return home as soon as possible.** Make yourself comfortable. Keep your **FEET ELEVATED** as much as possible. I suggest a pillow under your knees and feet for comfort. Loosen the bedding around your feet.
3. You **need** to **REWRAP** your **ACE WRAP** (over the bandages and under the sock) 2-3 times per day for comfort. I put them on snug after your surgery and you need to rewrap your foot (feet). Re-Apply the ace wrap as you found it, usually behind your toes and up around the ankle. If there are two on you, you only need one at a time. Wash your Ace Wrap and the outer sock as needed.
4. Always wear your **POST-OPERATIVE SHOES(s)**. I recommend round the clock use in the first week, even in bed. For walking/standing use your post-operative shoe, cane, crutches, walker, or **removable cast** as directed. (if you were fitted with a cast you should use this for all walking standing and as directed. Use your post-operative shoe for showering with your **shower shield**).
5. Keep your bandage (dressings) **DRY and Clean.** **DO NOT REMOVE** them unless directed by the doctor. If they become wet or damp notify the office immediately. A water tight device available for showering.
6. To help reduce swelling and pain **apply an ice pack** over your foot and ankle. I suggest you keep the ice bag/pack in place most of the time during the first week. Remember to keep your dressing dry. A wash cloth, pillowcase, or towel may be used to absorb moisture. **All ice packs sweat or leak.**
7. Take your medication as directed by your primary physician or my office. If you have questions please call the office. **DO NOT** combine medications **without** proper directions. I may need to **change** your medication rather than increase the dosage. I would advise you (**unless you forgot to tell me** about a medication you are taking) if there are any interaction problems.
8. Check your temperature 2 times per day (morning and evening) for the first 3 days, if it is 100° -101° F notify the office. Some patients' temperature is higher or lower than these references. Discuss this with the doctor.
9. **Limit** your standing and walking to no more than 10 minutes/hour until directed. This means get up, go to the bathroom, get a snack and back down. **DO NOT** sit with your feet dangling for too long, this will make them swell.
10. Call the office **408-378-5887** if you experience any unusual reactions such as persistent cramping, spasm, bleeding or pain that is not relieved with your medication.

**Additional Instructions:** \_\_\_\_\_

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