Thomas F. Vail, D.P.M., F.A.C.F.S.
Podiatrist –Foot Surgeon
1725 Western Ave., Suite C
Findlay, Ohio 45840
419-423-1888
Board Certified – American Board of Podiatric Surgery

Post-Operative Instructions for the Ambulatory Patient

Patient was given the following instructions and understood and agreed to comply with all.

1. Have prescriptions filled and use as directed after surgery.

2. Keep the operated foot elevated 6 inches above the thigh, especially for the first 72 hours after surgery.

3. a. Do not bear weight on the operated foot without surgical shoe or Don Joy Walker or unless otherwise instructed by the doctor.
   b. No weight on foot/feet, until instructed.

4. Leave surgical shoe or Don Joy Walker on at all times. Surgical shoe must be worn to bed. Don Joy must be put on if getting out of bed for any reason, but may be removed at night.

5. Keep a stockinette (sock) from the surgery facility or our office over the dressing. Do not change your dressing. If you notice bleeding, reinforce the dressing with dry, clean gauze, but do not change it.

6. Icing Instructions:
   a. Place ice pack directly over the shoe: 20 minutes on, 10 minutes off for the first 72 hours after surgery, off at night.
   b. Use the ice machine as directed: coldest during the day (48*), cold at night (55*) until your next visit.

7. Keep the operated foot/feet dry. Do not use a plastic bag, it leaks.

8. Monitor oral temperature first thing in morning before eating or drinking, if elevated over 100 degrees call the office.

9. If any unusual situation arises call the following number: (there is an answering service for after hours and week-end calls): Dr. Thomas Vail 419-348-2566

10. No driving for 24 hours after surgery.

    - *If surgery was performed on the right foot and you have a screw or pin, no driving for 3 weeks unless otherwise instructed.*
    - *If surgery was performed on the left foot, no clutch use for 3 weeks unless otherwise instructed.*