

SIERRA AMBULATORY SURGERY CENTER 530-272-3428

**PODIATRY
DISCHARGE INSTRUCTIONS**

ACTIVITY

- Do not drive or operate machinery for 24 hours.
- We recommend a responsible adult be with you for 24 hours.
- Do not consume alcohol, tranquilizers or sleeping medications for 24 hours.
- Keep off your feet as much as possible and always wear your surgical shoe when walking.
- We recommend that you do not make any legal decisions for 24 hours.
- Please change positions slowly to avoid dizziness or nausea.

DIET

Begin clear liquid, bouillon, dry toast, or soda crackers. If not nauseated, you may begin a regular diet when you wish. Greasy and spicy foods are not advised. Take stool softener while taking a narcotic medication or eat a high fiber-based diet.

DRESSINGS & COMPRESSES

- Keep dressing clean and dry and DO NOT remove bandage.
- Go directly home and keep your foot elevated by placing pillows under the ankle.
- The appearance of a blood spot through the dressing is not unusual. Call your doctor immediately if the dressing becomes saturated.
- Ice and elevate the operative leg.

MEDICATIONS

Take as prescribed

FOLLOW-UP

YOU SHOULD CALL (530) 271-2100 IF YOU EXPERIENCE:

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| <ul style="list-style-type: none">● Fever over 101 degrees by mouth● Swelling around the operative area● Blood soaked dressing (a small amount of oozing may be normal)● Pain not relieved by the medication prescribed | <ul style="list-style-type: none">● Increased redness or warmth around the operative area● Increased progressive drainage from the surgical area. |
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NOTE: You can also reach Dr. Claydon directly through MY CHART.

If you are unable to reach your doctor and feel you need a doctor's attention immediately, call Sierra Nevada Memorial Hospital Emergency Room (530) 274-6001 or call 911.

Your follow up appointment is scheduled for _____ at Dr. Claydon's office.

SPECIAL INSTRUCTIONS: _____