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16087 Manchester Rd.  
Ellisville, MO 63011

(636) 230-3883  
(636) 230-3884 (fax)

1224 Graham Rd. Ste. 1106  
St. Louis, MO 63031

(314) 355-2230  
(314) 355-2233 (fax)

## **POST OPERATIVE INSTRUCTIONS**

1. Keep foot elevated on one or two pillows.
2. Stay off your foot as much as possible.
3. Apply ice packs to your foot for 20 minutes per hour for the first 12-24 hours. Then apply ice as needed.
4. Some bloody drainage may be seen through the bandage; this is normal.
5. DO NOT take your dressing off yourself. Keep surgical dressing on until your post operative appointment with the doctor.
6. DO NOT get your dressing wet.
7. You will experience some discomfort. If the discomfort becomes severe please contact the doctor.
8. If you have any problems please call the office or if it is an after hours emergency please contact the doctor at 314-719-9709.

Your first post operative appointment has been scheduled for:

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