



**Lanhuong Thi Pham, D.P.M.**

**Joel Robinson, D.P.M.**

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**119 Medical Circle  
Sulphur Springs, Texas 75482**  
including Satellite offices

**P: (903) 885-2754    F: (903) 347-1207**

**Email: phamfootdoc@gmail.com**

## **Surgery Instructions**

### Day of Surgery Instructions

- Please follow all pre-operative orders as instructed by your physician.
- Bring your assistive devices (knee-scooter, wheelchair, crutches, CAM/pneumatic boot etc.) on the day of surgery.
- Make sure a post-operative follow-up appointment has been (or will be) scheduled for 3-4 days following surgery.

### Post-Operative Instructions

- First 3 days: Foot is elevated above the level of heart at all times. These are critical days during the postoperative recovery.
- Absolutely no weight should be placed on operated foot/ankle.
- Take pain medication/antibiotics as prescribed to decrease complications. Please begin these as soon as you get home to manage your discomfort.
- Place a leak proof ice pack over the surgical site or behind the knee (no more than 20 minutes per hour).
- Leave post-operative dressing intact. DO NOT get it wet or change it. This will be done by your doctor on your first post-operative visit.
- Some bleeding may come through your dressing, this is normal. If excessive and entire dressing is soaked, please contact office immediately.

