



DR. SCOTT O'CONNOR

Fellow, American College of Foot & Ankle Surgery
Diplomate, American Board of Podiatric Surgeons
Certified in Foot, Reconstructive Rearfoot/Ankle Surgery

Normal – (309) 807-0384

Pontiac – (815) 842-6551

Eureka – (309) 467-2371

POST OP SURGICAL INSTRUCTIONS

- Keep bandage clean, dry, and DO NOT REMOVE.
- No Bathing.
- The first week is the most important for swelling. Therefore, it is imperative to elevate your foot and minimize walking until your first post-op visit. Only walk for the necessities. Each week your doctor will discuss the appropriate activity level.
- Spotting of blood on the bandage is normal, if this occurs, simply elevate the foot and reinforce with gauze and tape as needed. This may be a sign of over-walking or lack of elevation.
- Wear the prescribed boot or surgical shoe at all times. Do not walk at all without the boot.
- Take all medicine as directed.
- Ice the exposed skin at ankle or behind the knee for 15-20 minutes every hour for the first couple days.
- Wound infections typically occur between the 2-4 day. Be aware of symptoms (fever, nausea, excess pain, or streaking up the leg). Call if warranted.
- Scar tissue can develop at any time, but especially within the first 3-4 weeks. Post-op compliance will minimize this risk.
- Vein clots are serious and can occur at any time. Signs include calf swelling, pain, and redness. Call a doctor immediately if any signs occur.
- Call the doctor if you are concerned or have additional questions.
- Remember to keep your scheduled appointment or call to make any appointment within 1 week.

Pontiac Office: 1-815-842-6551 (the answering machine will give instructions for after hours).
Dr. O'Connor Cell Phone: 1-309-838-8823.