



BIG RAPIDS FOOT & ANKLE

103 S. STATE ST
BIG RAPIDS, MI 49307

IN OFFICE POST-OPERATIVE INSTRUCTIONS

- 1 - Return home and keep the surgical site elevated on a pillow at the level of your heart.
- 2 - Apply ice packs to the ankle to chill dressing for twenty minutes per hour until bedtime. **DO NOT SLEEP WITH ICE PACK.**
- 3 - Limit weight bearing as instructed. You may be up for meals and bathroom use. No extended periods of standing. This will keep swelling down!!
- 4 - Keep bandages dry and intact at all times. If the dressing gets wet contact me.
- 5 - If you have excessive bleeding or pain not relieved with pain medication contact me.
- 6 - If the bandages become excessively loose or tight, contact me.
- 7 - Remember you have had surgery and WILL be in pain. This pain should be mild with the use over the counter pain medication. If you are concerned with your level of pain contact me.
- 8 - IF YOU HAVE ANY PROBLEMS OF QUESTIONS DO NOT HESITATE TO CALL ME AT ANY TIME DAY OR NIGHT.

Dr Mossel office 231-796-4522
Dr Mossel cell phone 231-598-1918

NEXT APPOINTMENT _____