



Thomas F. Vail, D.P.M., F.A.C.F.S.

Podiatrist –Foot Surgeon
1725 Western Ave., Suite C
Findlay, Ohio 45840
419-423-1888

Board Certified – American Board of Podiatric Surgery

Discharge Instructions

Findlay Surgery Center-1709 Medical Blvd. 419-429-0409
Blanchard Valley Hospital-1900 S. Main St. 419423-4500

Patient was given the following instructions and understood the following:

1. Have any prescriptions filled as soon as possible and begin taking your medication when you get home from surgery, unless instructed differently. . **DO NOT** drink alcoholic beverages or smoke while taking your sleep or pain medications.
2. **DO NOT** drive for 24 hours after your surgery. If surgery was performed on the right foot and you have a screw or pin, no driving for 3 weeks, unless otherwise instructed. If surgery was performed on the left foot, no using a clutch for 3 weeks, unless otherwise instructed.
3. Keep the operated foot elevated (6) six inches above the thigh, especially the first 72 hours.
4. **DO NOT** bear weight on the operated foot without surgical shoe or Don Joy Walker, or unless otherwise instructed by the doctor. No weight on surgical foot. Use crutches or a walker.
5. Leave the surgical shoe or Don Joy walker on at all times. Surgical shoe must be worn to bed. Don Joy Walker must be put on if getting out of bed for any reason, but may be removed at night.
6. Keep the stockinet from the Surgery Center on over the dressing.
7. Apply ice pack directly over the shoe 20 minutes on, 10 minutes off, for the first 48 hours after surgery. Off at night. Use the ice machine as directed-coldest during the day (48*), cold at night (55*) until your post-op visit.
8. Keep your bandages and/or cast clean, dry and intact at all times. **DO NOT** attempt to remove any of these at any time. It is best to take sponge baths. **DO NOT** attempt to bathe or shower with a plastic bag over your cast or dressings. It may leak. Please see our office to purchase Dry Cast for showering.
9. Take your temperature regularly as instructed by your doctor. If you have an elevated temperature over 100*, call the office.
10. If you have any questions concerning your surgery or recovery, call the office at 419-423-1888. There is an answering service for after hours and weekend calls.

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