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**ESWT AMBULATORY PATIENT POST-OPERATIVE INSTRUCTIONS**

1. Have prescriptions filled and use as directed after surgery.
2. Keep the operated foot elevated six inches above the thigh especially for the first 72 hours after surgery.
3. Do not bear weight on the treated foot without a tie tennis shoe on unless otherwise instructed by the doctor.
4. Monitor oral temperature daily, if elevated over 100\* call the office. Do this first thing in the morning before eating or drinking.
5. If any unusual situation should arise, call the Office at the phone listed above. There is an answering service for after hours & weekend calls.
6. No driving for 24 hours after surgery.

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