



***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*

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### **Post-Operative Instructions for Cast Application**

Patient was given and explained the following instructions. They understood and agreed to comply with all the instructions.

- Keep foot elevated six inches above the thigh when non-ambulatory
- Check color and sensation of toes morning and night
- Non-weight bearing to the casted foot unless otherwise instructed. Use crutches or walker.
- Weight bearing with cast boot, **if allowed only**. Check with your doctor's assistants.
- Keep cast dry
- If itching is a problem, contact the office. Don't stick any foreign objects in cast.
- If any unusual situation arises, call the office.

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