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3 Week Post-Op Instructions for Heel Spur Patients

- Patient may wear tennis shoe with foam pad in it for next 3 weeks. If pain persists go back to Don Joy Walker.
- Wear Tubi-Grip sock for swelling for the next 3 weeks. On during the day & off at night.
- Patient may shower or bathe. If showering you must be in a seated position for 3 weeks.
- No barefoot walking for 3 weeks.
- Change dressing daily with dry gauze and band-aid for 1 week.
- Do not wear Orthotics for 6 weeks.

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