

## **FOOT & ANKLE CARE INSTRUCTIONS**

- \_\_\_\_\_ no weight bearing on the affected foot
- \_\_\_\_\_ partial/crutch-assisted weight bearing on the affected foot
- \_\_\_\_\_ partial and limited time weight bearing on the affected foot
- \_\_\_\_\_ complete weight bearing on the affected foot to tolerance
- \_\_\_\_\_ elevate the affected lower extremity(s) to reduce swelling as often as possible
- \_\_\_\_\_ apply ice to the affected extremity for no longer than 25 minutes \_\_\_ times a day
- \_\_\_\_\_ leave bandage on and intact until next visit. (If bandage becomes loosened secure with paper tape.)
- \_\_\_\_\_ do not get bandage wet
- \_\_\_\_\_ do not get the affected site or foot wet until further notified
- \_\_\_\_\_ soak with the bandage on and do not change until the next office visit
- \_\_\_\_\_ change bandage \_\_\_ times a day as directed in additional instructions
- \_\_\_\_\_ clean the area with 1 part betadine (PROVIDONE IODINE) to 3 parts water solution \_\_\_ times a day (saturate a cotton ball or gauze with the betadine for cleaning)
- \_\_\_\_\_ clean area with \_\_\_ strength hydrogen peroxide \_\_\_ times a day
- \_\_\_\_\_ apply NEOSPORIN ointment to the affected site \_\_\_ times a day
- \_\_\_\_\_ apply \_\_\_\_\_ to the affected site \_\_\_ times a day
- \_\_\_\_\_ Bandage using the following:
  - \_\_\_\_\_ 7/8" surgitube gauze
  - \_\_\_\_\_ 5/8" surgitube gauze
  - \_\_\_\_\_ 3x3 gauze
  - \_\_\_\_\_ 1 in. paper tape
  - \_\_\_\_\_ 1/2 in. paper tape
  - \_\_\_\_\_ apply a small amount of the 1/4 strength betadine to the gauze for bandaging
  - \_\_\_\_\_ apply a small amount of neosporine ointment to the site prior to bandaging
  - \_\_\_\_\_ apply a small amount of \_\_\_\_\_ to the site prior to bandaging
- \_\_\_\_\_ apply vitamin E oil to the healing site \_\_\_ times a day
- \_\_\_\_\_ soak in 4-6 Tbsp EPSOM SALT per 1-2 quarts of warm water for \_\_\_ minutes each time \_\_\_ times a day
- \_\_\_\_\_ soak in 4-6 Tbsp BETADINE SOLUTION per 1-2 quarts of warm water for \_\_\_ minutes each time \_\_\_ times a day
- \_\_\_\_\_ soak in combination of 4-6 Tbsp EPSOM SALT and 4-6 Tbsp BETADINE SOLUTION per 2 quarts warm water for \_\_\_ minutes each time \_\_\_ times a day
- \_\_\_\_\_ air the affected site as often as possible
- \_\_\_\_\_ call the office if problems arise at (805) 648-4105 and leave a message per instructions; then call Dr. Collet's message center at 794-8272 and follow the instructions to input the number where you can be contacted and Dr. Collet will return your call as soon as possible.