

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.