



DISCHARGE AND POST-OPERATIVE INSTRUCTIONS

For your safety and comfort, please follow these discharge and post-operative instructions:

- **Do not** put any weight on the operative foot, until your physician indicates it is acceptable.
- Do not remove dressings, splints, casts or ace bandages. Keep the dressing clean and dry. If your cast, splint, or dressing gets wet please call our office immediately. Shower stockings will not keep your cast dry.
- If you develop a fever above 101 degrees, call the office (937-208-2091) anytime day or night. Please inform the nighttime answering service that you have an “emergency need.” They will page a physician from our group or a resident physician on call.
- Loosen the bed covers at the foot of your bed. Use pillows to keep your foot elevated (above your heart) to alleviate pain and reduce swelling. Bed-rest is recommend.
- It is important that you eat a high protein diet and drink plenty of liquids for several days following the surgery.
- Smoking **significantly** inhibits post-operative healing.
- Do not schedule any dental work at least 8 weeks following the surgery.

Questions: Please call (937) 208-2091.

Miami Valley Hospital
30 E. Apple Street, Suite 2200
Dayton, OH 45409
Tel: 937.208.2091

Miami Valley Hospital South
2350 Miami Valley Drive, Suite 210
Centerville, OH 45459
Tel: 937.208.2091

Atrium Medical Center
Professional Building 1
200 Medical Center Drive, Suite 375
Franklin, OH 45005
Tel: 513.705.4201

Beavercreek Office
Beavercreek Family Physicians
1244 Meadowbridge Drive
Beavercreek, OH 45434
Tel: 937.208.2091

Huber Heights Office
Good Samaritan
Health Center
6251 Good Samaritan Way
Huber Heights, OH 45424
Tel: 937.208.2091

Sidney Office
1529 Fair Road
Sidney, OH 45365
Tel: 937.497.9810

Springboro Office
At Springboro High School
1625 S. Main Street
Springboro, OH 45066
Tel: 937.208.2091

Troy Office
76 Troy Town Drive
Troy, OH 45373
Tel: 937.339.8399

Vandalia Office
55 Elva Court
Vandalia, OH 45377
Tel: 937.208.2091