



Advanced Podiatry Services

Howard A. Penn, D.P.M., F.A.C.F.S.

1271 Ridge Road, Lackawanna, NY 14218

(716) 824-9835 Fax: (716) 827-7095

Diplomate:

American Board
Of Podiatric Surgery

Board Certified in
Foot Surgery

Fellow:

American College of
Foot & Ankle Surgeons

Member:

American
Podiatric
Medical
Association

New York
Podiatric
Medical
Association

American
Diabetes
Association

American
Arthritis
Foundation

Staff Podiatrist:

Mercy Hospital
Our Lady of Victory
St. Joseph Hospital

Caring, soothing Relief for:

- Corns
- Calluses
- Ingrown nails
- Fungal nails
- Heel Pain
- Bunions
- Hammertoes
- Diabetic foot care
- Arthritic foot care

Convenient Care with you In mind:

- Morning and evening appointments
- 24-hour emergency care
- Same-day appointments
- Most insurances accepted

Post-Operative Instructions

You have just undergone a surgical procedure to correct a problem with your foot. It is extremely important that you follow all of the instructions below to insure your recovery without complications.

1. you must **limit your ambulation** (walking) during the first week post-operatively to the bathroom and dinner table. After your first post-operative appointment, you will be informed on the extent of increasing your activities.
2. **When you return home** from your surgery, **start to apply ice** for 30 minutes on and 30 minutes off **while you are awake** for the first 3 days. In addition, **keep your foot elevated** on 2 pillows to insure that it is **6 inches above your heart level**. Elevation should be maintained **at all times while sitting and lying down**. You will be shown where to apply the ice bag.
3. Keep your **dressing dry and intact**. **They should not be removed at all**. A small amount of bleeding may appear on your dressing after surgery. **If bleeding continues, call the doctor**.
4. When it is necessary to walk, you must wear the surgical shoe. If crutches are given to you, use them as directed.
5. **Take the proscribed medications** as directed. **If you have any reaction, stop taking them and notify the doctor at once. Avoid drinking alcohol when taking the medications.**
6. Notify the doctor **immediately if**:
 - a. The dressings get wet or fall off.
 - b. You develop a fever or chills.
 - c. There is red streaking up your leg.
 - d. The pain is not relieved by the medications.
 - e. You injure your foot.
7. If you cannot reach the doctor at the office (**824-9835**), please call his **toll-free pager number: 1-877-836-4783**, listen to the message, enter you telephone number, hang up, and Dr. Penn will call you back.
8. Please do not hesitate to contact the doctor if you have any other concerns during your post-operative period.

Website: www.drhowardpenn.com