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**COMMUNITY FOOT &
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1221 Medical Arts Blvd.
Anderson, IN 46011
Tel 765.641.0001
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**EAST FOOT &
ANKLE CENTER**

161B Washington Point Dr.
Indianapolis, IN 46229
Tel 317.898.6624
Fax 317.898.6636

**FOOT & ANKLE AT
WESTVIEW HOSPITAL**

3520 Guion Rd., Ste 102
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Fax 317.920.3243

**MARION FOOT
CENTER**

330 N. Wabash Ave, Ste 460A
Marion, IN 46952
Tel 765.664.1413
Fax 765.965.6530

**BAKER FOOT
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BROWNSBURG

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GEIST FAMILY PRACTICE

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NEW CASTLE

Tel 765.664.1413
Fax 765.965.6530

SPEEDWAY

Tel 317.920.3240
Fax 317.920.3243

POST-OPERATIVE INSTRUCTIONS

Weight bearing

1. Call our office to make an appointment for your first post-operative visit when you get home from the hospital.
2. Begin pain medications as soon as you get home, even if you do not have pain, and take as directed.
3. Apply ice to your foot or place ice behind your knee for 20 minutes every hour.
4. Elevate your foot as much as possible.
5. Keep your surgical dressings dry. If it gets wet for any reason, call our office for instructions.
6. There may be a small amount of bleeding through the bandage. This is very common and should not alarm you. If the bleeding persists, continue to elevate your foot and apply more ice. Do not remove the dressing. If the bleeding continues, call the office for instructions.
7. Wear your surgical shoe or boot whenever walking. The shoe or boot may be worn to bed since it may protect your foot from unexpected movement while asleep.

If there are any other problems or questions regarding your surgery, please call the office. If it is after hours and it is an emergency, you may contact Dr. Baker at either (317) 490-4690; contact Dr. Gray at (765) 661-0469; contact Dr Boake at (317)650-4139