

## The Single Most Important Thing After Surgery *Properly Elevate Your Foot*

Thank you for deciding to have your surgery done with Next Step Foot & Ankle Clinic. Rest assured that we will try our very best to make this entire process as painless and easy as possible. The **single most important** thing you can do to ensure proper healing of your foot is **to keep your foot properly elevated for the first 5 days** after your surgery. *The goal is to keep your foot focused on healing not supporting the weight of a person trying to step, sit, stand or walk.*

These are examples of having your foot properly elevated:



The foot must be above the head. The higher the better. Notice that the person is laying flat, with the feet above the level of their head. Elevating your foot also reduces the swelling in your foot.

These are examples of what not to do:



**Sitting in a recliner is not having your foot elevated.** In both of these images, the foot is still the lowest part of the body—it is way below her head. **Your foot will swell up and you will have a great deal of pain, increased risk of infection, wound complications and a significantly longer recovery if you sit in this position.**



**If at any point your foot becomes more swollen or puffy, you need to ensure you are elevating your foot above your head for more extended periods of time.**

**Questions? Call Your Medical Assistant!**

Next Step Foot & Ankle Clinic

Pleasanton: 830.569.3338 or Universal City: 210.375.3318