

High Desert Foot & Ankle Clinic

15366 11th St # A Victorville, CA 92395 Tel (760) 951-1234 Fax (760) 951-1611
Won Y. Bollmann, D.P.M. Sean S. Choi, D.P.M., M.D.

Immediate Post Operative Instruction for Dr. Choi/Dr. Bollmann

- 1. Austin/Akin/Tailor's Bunionectomy/Hammer toe repair/Soft tissue mass/Neuroma**
 - a. Walk only in Post Op (Surgical) Shoe, try to avoid applying weight directly at surgical area
 - b. Elevate your surgical foot above heart at home
 - c. Ice the surgical site 3-4 times a day 20 minutes each
 - d. Take the pain medication as prescribed by your doctor
 - e. Keep the dressing clean, dry and intact. Do not remove the dressing
 - f. Use a seal-tight cast or bandage cover or plastic bag when taking a shower. Do not get the dressing wet
 - g. No driving is recommended if surgery is done on your driving foot until told otherwise by your doctor.

- 2. Lapidus/Shaft/Base Bunionectomy/Fracture Surgeries**
 - a. Total Non weight bearing to the surgical foot/ankle
 - b. Use crutches/walker/wheelchair when ambulating
 - c. Elevate your surgical foot above heart at home
 - d. Ice the surgical site 3-4 times a day 20 minutes each
 - e. Take the pain medication as prescribed by your doctor
 - f. Keep the dressing clean, dry and intact. Do not remove the dressing
 - g. Use a seal-tight cast or bandage cover or plastic bag when taking a shower. Do not get the dressing wet
 - h. No driving is recommended if surgery is done on your driving foot until told otherwise by your doctor.

Call the Office 760-951-1234 for any problems/concerns also if you do not have the follow up appointment scheduled already. First post operative visit should be within 1 week of the surgery.