

Advanced Care Foot & Ankle



Dr. Craig A. Wilkes

Doctor of Podiatric Medicine

Post Operative Instructions

1. Keep post operative foot/feet elevated at **all** times for 7 days.
2. When getting up, keep it as brief as possible. Less than 10 minutes is **strongly** recommended.
3. **Do not** remove your dressings unless Dr. Wilkes has told you otherwise.
4. **Do not** get your dressings wet. If you must bathe, seal your foot/feet with a plastic bag and tape, and keep your foot/feet out of the tub. Wet dressings can quickly lead to infection. If the dressings become wet, call for an appointment to get the dressings changed.
5. Be sure to keep your scheduled post-op appointment.
6. If you have any questions or problems, do not hesitate to call the office at (916)435-5200.
7. If you feel it is an emergency, call 911.
8. If it is not an emergency, but **urgent** that you speak to Dr. Wilkes, he can be reached at (916)770-6351.

OTHER INSTRUCTIONS