

BLUE RIDGE BONE & JOINT CLINIC, P.A.

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Patient Name:
SharedID:
DOB:
Date:

Partial Plantar Fasciectomy Post Operative Planned Schedule:

Day of Surgery:

Rest after arriving home, keep your leg elevated as much as possible
Touchdown weight bearing which means you must use crutches or a walker to assist you at all times keeping as much weight off of the leg as possible

1 Week Visit:

Continue touchdown weight bearing in a cast or boot, check incision, may shower if approved by Dr. Mangone or Jennifer, no soaking. At two weeks may progress to 50% weight bearing

3-4 Week Visit:

Sutures out
At 4 weeks post op may progress to 50%WB in boot/sandal shoe, slowly progress weight over following weeks, weaning supports

6 Week Visit:

Increase weight bearing as tolerated in sandal, begin to wean towards regular shoe wear as tolerated, checking incision daily
Still elevate intermittently, expect swelling and soreness regularly, and use ice prn

12 Week Visit:

Hopefully transitioned into regular shoe wear. Increase activities as tolerated.

5-6 Month Visit- Final (if needed):

Return to see Dr. Mangone for the final visit only if needed. Discuss any problems, concerns, or questions at that time. Will be discharged from BRBJ care at this visit if no problems or concerns arise. After this surgery it may take you up to a full year to return to all activities, and have swelling and discomfort go down.

Extra Instructions:

It is normal to have some drainage/bleeding on or through the bandage; pain is also to be expected. If you get a fever or red streaks up your leg call immediately.
You will initially be in a splint made of plaster, padding, and an ACE wrap or a boot. Do not remove this as we will do this in office. If gets wet call our office.
Showering: Only once in a removable boot, sitting, after approved. When in the splint or boot you must keep it dry, cover with a bag or sponge bath.
Drive a car: (if R foot or manual transmission) Only when back to a normal shoe and you feel strong enough. If left foot wait at least a few weeks post op.

Understand that your operative ankle may not look exactly like your other foot and will be different after the surgery, possibly having soreness or some swelling

You may not be able to wear a normal shoe on a regular basis for up to three months due to residual swelling of the foot.

You must follow these instructions to ensure proper healing and to reduce your risk of non-union or other problems.

I understand the post-operative plan and the risks of surgery. I will be compliant with these restrictions and work with Dr. Mangone's advice throughout my medical care.

Signed:_____.

Date:_____.