

BLUE RIDGE BONE & JOINT CLINIC, P.A.

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Patient Name:
SharedID:
DOB:
Date:

Subtotal 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 in a post operative sandal

1 Week Visit:

Sutures will stay in, will assess tissues
Continue touchdown weight bearing in a post operative sandal

3-4 Week Visit:

Sutures out likely
Continue touchdown weight bearing in a sandal, removing for showering, resting, sleeping

6 Week Visit:

Increase weight bearing slowly and steadily as tolerated, wean towards regular shoe
Still elevate intermittently, expect swelling regularly, and use ice prn
Likely get a prescription for a pair of custom orthotics to get fitted for in the next few weeks

12 Week Visit:

Continue increasing activity without restriction, resume higher exercise activities

5-6 Month Visit- Final:

Return to see Dr. Mangone for the final visit 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.
If you notice significant darkening of the skin around the incision call our office
You will initially be in a soft dressing with padding and an ACE wrap following the surgery. Do not remove this. If gets wet call our office.
Showering: After first visit if approved by Dr. Mangone
Soak in a tub: 1-2 weeks after suture removal if approved by Dr. Mangone
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 foot 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 two 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, need for revision surgery, 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:_____.