

Endoscopic Partial Plantar Fascia Release
Post-Operative Patient Instructions

- Advance your diet as tolerated to your usual diet and restart your home medications.
- Prescriptions for pain medicine and nausea have been provided for you to take as needed.
- Keep dressing intact, clean, and dry for **5 days** after surgery, then you may remove it and apply bandaids. At this point, you may shower over, but do not soak, your foot.
- Weight bearing is **50%** on foot using crutches for **5 days** after surgery, then you may bear weight as tolerated in the **flat post-op shoe**.
- **Elevate** and **ice** your foot frequently to reduce swelling and pain. Remember: **“Toes above nose.”**
- Call the office at **(540) 371-5333** to schedule your follow-up appointment for 10-14 days after surgery if you do not already have one.