

DISCHARGE INSTRUCTIONS: MINOR PROCEDURES OF THE LOWER LIMBS

To help you recover, the following information is recommended for wound care:

- Rest at home today
- Keep the operated limb elevated on a pillow to reduce swelling and pain
- Your primary-care provider will advise you when to resume normal activities, such as returning to work or sports
- You may use crutches if they have been ordered by your provider
- Keep the dressing on your leg/foot dry and intact
- Refrain from showers or tub baths
- Your doctor may prescribe a pain reliever, which you should take as directed. If the pain is not well controlled, please contact your primary-care provider

IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: please contact your primary-care provider. If you cannot reach your primary-care provider, please proceed to a walk-in clinic or the nearest Urgent Care centre.

- Numbness
- Heavy bleeding
- Changes in the colour of your toes
- Changes in the temperature of your toes

If you have any questions or concerns, please contact your primary-care provider. You may also call Health Links-Info Santé at 204-788-8200 (toll free: 1-888-345-9257)

OTHER INFORMATION: _____

