



ARIZONA
FOOT & ANKLE
SURGERY

HEEL PAIN TREATMENT

1. ANTI-INFLAMMATORIES: MEDICATION: _____ MG _____ X/DAY

2. APPLY: ICE TO PAINFUL AREA TWICE A DAY

3. ACHILLES TENDON STRETCHING: 3-4X PER DAY (REFER TO STRETCHING/EXERCISE SHEET)

4. TAPING OF FOOT/ANKLE- THIS MAY BE RECOMMENDED FOR RELIEF OF SYMPTOMS WITH COMPRESSION AND SUPPORT TO THE AFFECTED AND SURROUNDING AREA OF PAIN- **PLEASE TELL THE DOCTOR OR ASSISTANT IF YOU HAVE AN ALLERGY TO ADHESIVES OR LATEX:**

- TAPE MAY LAST APPROXIMATELY 5-7 DAYS
- YOU MAY SHOWER WITH TAPING APPLIED BUT YOU WILL NEED TO AIR DRY OR USE A BLOW DRYER TO DRY TAPING BEFORE INSERTING FOOT IN A SHOE/SOCK. YOU MAY USE A "CAST/WOUND" COVER AS WELL TO PROTECT FOOT FROM BECOMING WET WHICH WILL HELP TO INCREASE TREATMENT TIME AND CLEANLINESS OF TAPING
- IF YOU EXPERIENCE SKIN REDNESS, ITCHING OR FEEL THAT THE PAIN HAS WORSENERED WITH TAPING, IMMEDIATELY SOAK FOOT IN WARM SOAPY WATER TO REMOVE TAPE AND ADHESIVE
- PLEASE KEEP A SOCK ON FOR THE DURATION OF TREATMENT TO KEEP TAPING CLEAN AS IT CAN ATTRACT DIRT, PET HAIR ETC.

5. FOR STEROID(CORTISONE)INJECTIONS-THESE INJECTIONS CAN CAUSE WHAT'S CALLED A "STEROID FLARE" WHICH MAY INCREASE PAIN AT THE INJECTION SITE OR A BURNING SENSATION WITHIN THE FIRST 48 HOURS OF INJECTION, HOWEVER THE PAIN CAN BE MANAGED. REFER TO ABOVE # 1-2 FOR INSTRUCTIONS AS TO WHAT TREATMENT IS RECOMMENDED FROM THE PHYSICIAN FOR YOUR PAIN MANAGEMENT NEEDS. AFTER 4-5 DAYS, YOU SHOULD BE ABLE TO RESUME NORMAL ACTIVITY.

6. WEAR SUPPORTIVE SHOES AT ALL TIMES