

Pain

Take motrin and tylenol per bottle instructions and if continued pain then consider over the counter lidocaine or ibuprofen creams or ointment or take tramadol. Follow up with your doctor at the VA or with Orthopedics Ice and elevate. Wear boot or supportive shoes. Return any new or worsening symptoms. Return any numbness weakness paleness or increased pain.

Lidocaine patch Apply to affected area for up to 12 hours then off for 12 hours prn pain Disp 6