

Preparing for Surgery

Laboratory Tests

- Your doctor **may** order **laboratory tests** in preparation for your surgery. If tests are required, orders will be included in your surgery packet. All tests must be completed at least two days prior to your surgery day. Your surgery may be delayed without these required tests.

Children

- If the **patient is a child**, a parent must remain at the surgery location before, during and after the surgery. The parent must sign release forms for children under 18.
- **Guardians of children under 18** must provide written proof of guardianship the day of the surgery.
- **Arrange for care of your children for 24 hours**, as you could feel drowsy for that time.

Transportation

- **You will not be allowed to drive a vehicle for 24 hours after your surgery.** Please arrange for a responsible person to be with you after the surgery to drive you home.

The Week of Surgery

- **24 to 48 hours before your surgery**, you will be contacted by the facility as well as the Anesthesiologist to go over surgery details.

The Day Before Surgery

- **Do not EAT or DRINK anything after midnight** the night before your surgery. This includes water, hard candy, gum, chewing tobacco, ice, or prescription medications (unless ordered by your doctor).
- **Do not smoke after midnight** of the night before your surgery.
- Bathe or shower the night before and the morning of your surgery to minimize chances of infection. Teeth may be brushed, but don't swallow any water.

Day of Surgery

- **Bring the following with you:**
 - ID and Insurance
 - Current medication and allergy list
- **Do not wear contacts, makeup or jewelry**
- Wear loose fitting, **comfortable clothes**

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After Your Surgery

Now that we have performed your surgery, we are very concerned with your prompt and complete recovery. In order to prevent possible complications and help you achieve the best results, we urge you to follow these instructions carefully.

- Go directly home and keep your feet elevated on the way.
- **Wear the postoperative shoe at all times when standing or walking.**
- **Elevate your foot/feet for several days** following surgery. This will reduce any swelling and pain. Avoid prolonged standing or walking until your doctor advises that you may do so. While sitting or lying down, keep your feet propped up on a chair or pillow, preferably at or above the level of your heart.
- **Certain surgeries require you to be non-weight bearing** for multiple weeks to allow proper healing. This is accomplished with crutches, a walker or wheelchair. The physical therapist at the hospital will show you the best methods to ambulate effectively. Start slowly and take extra precautions to avoid any falls that may compromise your surgery.
- **Take pain medication every 4-6 hours during the day of surgery.** After this point, take pain medication on an as-needed basis every 4-6 hours. Post-operative pain that is not controlled by pain medication should be reported by your doctor.
- Apply an ice bag to the top of your foot or ankle (back of the knee if you have a cast) for 20 minutes out of each hour for the first few days after surgery.
DO NOT apply an ice bag overnight.
- A **small amount of bleeding through the bandage is normal.** If the bleeding continues and the bandage becomes soaked, call your doctor.
- **UNDER NO CIRCUMSTANCES SHOULD YOU REMOVE BANDAGES OR CAST!! KEEP BANDAGES/CAST CLEAN AND DRY.** Your doctor will change the bandages at the first visit after your surgery. Wet bandages need to be changed as soon as possible by the doctor to reduce the risk of infection.
If you get your bandages wet, contact our office immediately. DO NOT remove the bandage.
- If you are wearing a cast which feels tight and **your toes become blue, tingling or numb, call the doctor immediately.**
- Get plenty of rest, drink plenty of fluids, and eat well balanced meals to promote good healing.

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*If you need to reach your physician after hours,
call our office at 972-542-3668.*

The doctor is notified of all messages immediately and will return your call.