

OUTPATIENT SURGERY
BEFORE AND AFTER INSTRUCTIONS

Prior to your surgery date (If applicable) I will call in an antibiotic to the pharmacy of your choice. A prescription for pain medications will be given the day of surgery. We advise you to begin your antibiotic the day **AFTER** your procedure if it will be outpatient. You should begin taking your pain medication **AS SOON AS** you get home from your procedure, (before the numbing begins to wear off). This may be taken every 4 to 6 hours as needed. You may also take Aleve, Motrin or Advil for any break through pain you may be experiencing.

ICE AND ELEVATION Apply ice to the top of the foot. Always cover the ice pack with a small towel, **DO NOT** allow the dressing to become wet. **ELEVATE** your foot **OVER THE LEVEL OF YOUR HEART**. Occasionally bend your knees and rotate your ankles if your dressing allows, this will increase the circulation to the feet.

****NO** ASPIRIN OR PRODUCTS CONTAINING ASPIRIN FOR 7 DAYS PRIOR TO YOUR SURGERY. WE ASK THAT YOU SPEAK WITH YOUR PHYSICIAN THAT PUT YOU ON THIS MEDICATION BEFORE STOPPING IT!** *Tylenol is an acceptable choice.*

If you are taking blood thinners such as Coumadin you may need to stop taking them prior to surgery. **This is information that you will want to ascertain from your Primary Care Provider.**

Please **DO NOT** wear any toe nail polish the day of surgery.

KEEP DRY!!! If at any time your bandages become wet you need to call the office immediately; we will have you come in at that time for a “changing of the bandages” to decrease any chance of bacteria and/or infection.

You have had a surgical operation; some swelling and bruising are expected. In some cases, the skin may take on a bruised appearance. This is no cause for alarm. The more you stay off of your foot in the beginning the quicker the swelling will go down. The first 3-5 days will be the worse. REMEMBER, NO PAIN MEDICATION WILL EASE ALL THE PAIN. PLEASE USE LOTS OF ICE AND ELEVATION.

DO NOT sit with your feet hanging down. **DO NOT** cross your legs. Crossing the legs cuts off the circulation to the feet and causes swelling. **DO NOT** remove the surgical bandages unless instructed by your physician.

CALL YOUR PODIATRIC ASSISTANT FOR ANY PROBLEMS AFTER SURGERY: Some examples are: If the bandage shows excessive bleeding, for any problems you may experience with medication, if you should bump or injure your surgical foot and/or need a refill on your medication.

Ana Maria, Dr. Merritt’s Assistant EXT. 127
Dee, Dr. Spooner’s Assistant EXT. 126
Linda, Dr. Rowan’s Assistant EXT. 119

For the first 24 to 72 hours, you may walk to the bathroom, kitchen, etc. After 72 hours you may increase your walking to your comfort, but remember that the more you are on your feet, the more they will have a tendency to swell, and the more discomfort you will have.



YOU MAY NOT EAT OR DRINK AFTER MIDNIGHT PRIOR TO SURGERY.

If you are **UNABLE** to keep your surgery date **PLEASE** contact our office **AS SOON AS POSSIBLE!** If you can give our office at least 1-2 weeks' notice we would appreciate it very much!

Non-covered items you will need to purchase prior to surgery (not covered by insurance).

Surgical Shoe: \$20.00 If you require a Cast Shoe: \$25.00 Shower Bag: \$7.00

Post-Op (After surgery) Supplies (not covered by insurance) IF NEEDED.

Jacoby Splint \$22.00 Tube Foam/Grip: \$3.00/each Vita Ray Crème: \$15.00