



OUTPATIENT SURGERY INSTRUCTIONS

Before Surgery

1. Due to the nature of anesthesia, do not drink or eat anything after midnight the night before your surgery. Arrive at the hospital or surgery center on an empty stomach. Please arrive 2 hours prior to the scheduled time of your procedure.
2. If you take blood pressure medicine, take it the morning of your surgery with a *sip* of water before you leave home. The rest of your medication can be started back after you return home and you may eat a regular diet at that time. If you feel nauseated when you get home eat a light meal such as soup and crackers, etc.
3. If you are on any blood thinners such as aspirin or baby aspirin (81 mg dose) stop this medication seven days prior to surgery and you may start taking it again two days after you have had your surgery. (Coumadin should be stopped 3 days prior to surgery and started back the day after surgery).
4. The morning of surgery please bathe and wash your feet thoroughly, please do not put any lotion on your skin or any nail polish on either your finger or toe nails.
5. Someone will have to bring you to the facility and stay during your procedure, you will not be able to drive yourself home so please be sure your companion can drive you home.

After Surgery

1. You will be given a prescription for a pain medication and an anti-inflammatory medication, please take the medication as prescribed on the bottle as this is the most effective way to manage your pain and discomfort. Pain medication is to help with discomfort it will not make you pain free. Refills will only be given at the office.
2. Limit walking to "only as needed" this means to the bathroom and back to rest, to the kitchen and back to rest. **ANYTIME** your foot hits the floor make sure you have your post-operative shoe on. **DO NOT** walk without this shoe on your foot. Even in the house or on carpet. If you are in a cast "non-weight bearing" this means **NO** weight at all, do not walk on this cast, you could damage the surgical correction that you have just had which could result in another surgery to correct the damage.
3. Do not alter or remove your dressing. If it feels too tight, this means it is trying to swell. The bandage is preventing it from swelling, and therefore it starts to feel too tight. Prop up your foot and put an ice pack above your ankle or behind your knee. This will cool the blood flowing in and out of the foot and will help reduce swelling and tightness. **** Keep this dressing dry and clean as it will not be removed until your two week check up!****
4. Some bleeding noted on the bandage is normal. If it persists and a bright red area larger than a golf ball is noted, call the office to come in for a dressing check and possible dressing change. **DO NOT** take the bandage off yourself.

Please call the office at 860-8282 to schedule your one week appointment; this will be a dressing examination and x-rays to evaluate your progress. Please address any concerns or any medication refills at this time. If after office hours you have any problems, please call the office and press "5" to reach the doctor. If you have a medical emergency, please go to the nearest emergency room to seek medical treatment.