

Associated Foot Surgeons Patient Surgical Instructions



Patient Name: _____

Instructions Before Surgery

- If you are being treated for fluid retention, hypertension, diabetes, and/or a heart condition we will request: **Surgery Clearance Letter** (from your primary, cardiologist, or other specialist(s)).
 EKG **Labs** **Chest X-Ray**
 - Stop NSAID's (Aspirin/Motrin/Advil/Aleve, ect... 7 days prior to surgery)
Please contact your provider/cardiologist to find out their requirement for surgery clearance.
The tests/clearance documents must be submitted to our office, no later than 7 days prior to your scheduled surgery.
 - DO NOT EAT OR DRINK** after _____ am the day of surgery.
 - Surgery Center:** A nurse from the surgery center will contact you a few days before surgery. They will review your medications, advise you on what medications to take the morning of surgery, update you on any changes and provide the **arrival time** _____ am/pm.
 - Hospital:** Phone Pre Testing or Pre Testing Appointment: _____
 - You must make transportation arrangements.
 - If you are not familiar with your "Outpatient Surgery" benefits, we recommend you contact your insurance company to find out what you are responsible for paying.
Upon receipt of the insurance payment your portion (if any) must be paid within 30 days.
- If you need crutches, we recommend practicing with them ahead of time. You can get them at any pharmacy without a prescription.
- Hibiclens** is a Pre-Surgical Scrub that can be found at Walgreens or Walmart. Please scrub your foot/feet from your toes to your knee the night before and the morning of the surgery.
 - Remove all nail polish. (Clear polish is acceptable)
 - Wear clothing that will fit over a bulky bandage.
 - Wear comfortable low heeled or no-heeled shoes.

POST OP INSTRUCTIONS

Please read all instructions prior to surgery

*****If you have a fever and/or develop pain in the calf, go to your nearest emergency room.*****

- You have had a surgical operation. Sometimes limited amount of discomfort and swelling is expected. In some cases the skin may take on a bruised appearance. This is no cause for alarm.
- On the day of surgery, keep the foot elevated with an ice pack over the surgical site, except to go to the bathroom. Do not use hot water bags or electric pads.
- When walking or standing, always wear your surgical shoe/boot.
- A slight amount of blood may appear on the dressing. Elevate the foot above the level of the heart and apply an ice pack. If there is active or persistent bleeding, call our office at once.



ASSOCIATED FOOT SURGEONS
OF SOUTHWEST ILLINOIS

- If discomfort is experienced when the anesthesia wears off, take prescribed pain medication or an over the counter pain medication of your choice. Do not take the medication more often than prescribed and do not drink alcoholic beverages while under the effect of the prescribed pain medication.
- If you are taking any narcotic pain medication, we recommend increasing your fluid intake and fiber.
- Keep the dressing completely dry. If it accidentally gets wet, notify our office.
- Do not remove the dressing at any time.
- Beginning the day after surgery, move your foot up and down five minutes per hour to help prevent the formation of a blood clot in your calf muscle.
- If any of the following occurs contact our office immediately: Redness with a white fluid discharge, an increase in body temperature, and/or nausea/vomiting.
- Following the above directions will aid your recovery, however, if redness occurs and a white fluid is discharged or a fever, please consult our office immediately.

Important Contact Information:

Surgery Scheduler: Kristen

Phone: 618-277-5700 x 5 Fax: 877-318-4562

Website: www.associatedfoot.com

Belleville Surgical Center

28 North 64th Street Belleville, IL 62223

Phone: 618-398-5705

www.bellevillesurgical.com

Pre-Register Online

Anderson Surgery Center

6800 Illinois Rt 162 Maryville, IL 62062

Phone: 618-288-5711

www.andersonhospital.org

St Elizabeth's Hospital

211 South Third Street Belleville, IL 62220

Phone: 618-234-2120

www.steliz.org

Memorial Hospital

4500 Memorial Drive Belleville, IL 62226

Phone: 618-233-7750

www.memhosp.com

*****Please note: You must contact your providers' office(s) to obtain a copy of your test results. Your test results must be forwarded to our office no later than 7 day prior to your scheduled surgery date.**

Your surgery is scheduled on: _____ at _____

Physician: Dr. Whittenburg Dr. Snook Dr. Reichert Dr. Dugan Dr. Hart

CAST CARE (no checkmark indicates N/A)

- Keep your cast/splint clean and dry.
- While in your cast, we highly recommend taking one 325mg Aspirin once a day until your cast is removed. If you cannot take Aspirin, please talk with your doctor.

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- Protect cast/splint with plastic bag during rain or snow.
- A wet cast/splint must be changed within 24 hours, to prevent skin breakdown.
- Keep the skin around the edge of a cast/splint clean and dry.
- Range of motion and elevation are important to control swelling.
 1. Bend and straighten the injured extremity several times daily.
 2. Elevate the injured extremity above your heart 20-30 minutes several times daily or whenever you have any of the following symptoms:
 - An increase in swelling, pressure, or tightness inside the cast/splint
 - An increase in pain tingling or numbness
 - A decrease in circulation at the end of the extremity
- A cast is meant to be snug and to immobilize the involved joints; however, it should not cut off or decrease circulation of the extremity.
- DO NOT put anything inside of your cast/splint, or pull out any of the padding.
- Do not remove the cast/splint yourself.
 - Please report any of the following symptoms to your physician, within 24 hours:**
 - An increase in pain, pressure, swelling, tingling or numbness that cannot be controlled with elevation and range of motion.
 - An increase in drainage, foul odor, or if there is an increase in body temperature, nausea, or vomiting.
 - Any bandage or cast that gets wet, broken, cracked, too loose, or if cast/splint is causing pain due to rubbing.

Your post op appointment is scheduled on: _____ at _____