Pre-Op Instructions For Hospital Foot Surgery

1.) Reminder
You are scheduled for foot surgery as follows:

Date: ______________
Time: ______________

- For hospital-based surgery, please be at the hospital at least one hour before the scheduled surgery time.
- For office-based surgery, please arrive at the scheduled time, not before.

Location: ______________

2.) No Food
- Do not eat or drink after midnight before the time of surgery unless otherwise instructed by the doctor.

3.) Wash the Night Before
- The night before surgery wash the foot well with soap and water.
- Remove all nail polish prior to the day of surgery.
- Do shave any hair at the surgical site.

4.) No Aspirin / Ibuprophen for A week before
- If you are on any medications, please take them as usual the day of surgery unless instructed by the doctor.
- However, you should stop taking aspirin or nonsteroidal anti-inflammatory medication (Motrin, etc.), seven days before surgery unless instructed by the doctor.

5.) History, Physical, and Blood Work
- For hospital-based surgery, you will need to obtain a history and physical from your family doctor within 1 month prior to the date of surgery. If your doctor is not on staff at the Hospital, special arrangements will need to be made for this.
- You will also need blood work within 1 month prior to surgery. This may be performed by your family doctor or by the hospital.

6.) No Driving
- Please make arrangements to be driven to and form the hospital. Intravenous sedation is used which may make you too groggy to drive.
- In addition, after some types of foot surgery, you may not be permitted to drive for several weeks.
7.) **Second Opinion**
   - It is **your responsibility** to check with your insurance to determine if a second opinion is required. If so, please advise our staff so we can assist you.

8.) **Crutches**
   - If instructed by our office, bring crutches if available.
   - If you are required to wear a 3-D Ambulator be sure to bring it to the hospital.

9.) **Travel Plans**
   - Please discuss with the doctor any travel plans scheduled for the period after surgery. If you have unavoidable travel plans for this period, the doctor may recommend postponing the surgery.

10.) **Medications**
    - Be sure to fill all prescriptions prior to surgery.

11.) **Miscellaneous**
    - If you are required to receive a shower bag make sure you pick it up prior to surgery.

    Thank you in advance for your cooperation.
**Routine Care after Nail Excision**

Your toe will be bandaged, and you will be able to walk (gently) out of the office. The anesthetic will usually last at least 6 hours, so you probably won’t need any medication for discomfort. Most patients are pleasantly surprised to find that there is minimal pain after the procedure. Please follow the instructions given by your provider, to ensure a quick recovery.

**Leave compression bandage on for 24 hours**

1. Begin nail care the following day according to when you remove the compression dressing.

2. **Keep area dry** until follow up appointment, a shower bag will be provided to you, if you decide not to purchase the shower protector you will have an increased chance of infection and longer healing time.

*Please, try to limit activity for the first 24 hours, you may elevate your foot to relieve pain and reduce the amount of bleeding.*

3. **Dressing changes:**
   - Every morning apply Amerigel wound care cream to a plain adhesive band-aid and cover the affected area. It is your responsibility to purchase this cream; insurance does not cover this item.
   - Every evening at bedtime, cover affected area with a polymem bandage (pink bandage). This dressing contains a wound cleaner, moisturizer, and infection absorbing agent to aid in healing the nail bed. If your insurance does not cover this dressing, you have the option to purchase them.
   - (If you did not receive the polymem dressing, you will need to apply the Amerigel cream at bedtime, as directed in morning instructions)

4. You may take Tylenol, Advil, or Aspirin to alleviate discomfort, this is usually not necessary. If the pain and discomfort are not controlled by elevation and over the counter pain relievers please contact our office. 863-299-4551

5. **Slight bleeding, discoloration and drainage are normal.**
   - If you did not receive the Amerigel or polymem, we are not responsible for any ensuing infection, or undesirable outcome. You will be given instructions on how to soak affected area in a vinegar solution regimen, this is a time consuming procedure that must be done 3 times a day for 20 minutes each time.
   - Vinegar solution soaks: Mix 4-5 Tbsp white or red vinegar per quart of warm Water, Do Not use Hot Water. Soak 20 minutes three times daily. Dry foot Thoroughly, especially between the toes.

If your have any question or difficulties please contact our office immediately, 863-299-2551 for assistance.
Directions for Home Care after Hospital Surgery

Having performed your operation, we are interested in your prompt recovery and comfort. Please cooperate with us by carefully adhering to the following rules of post-operative home care.

1.) Day of Surgery
   - If you have not already done so, have your prescription filled immediately.
   - Elevate both feet in the car and please go directly home.
   - Go to bed and keep your feet elevated by putting two pillows under the feet and one under the knee.
   - Do not tuck the covers tightly about your feet.

2.) General Activities-Since each person heals at his or her own rate, it is virtually impossible to say with absolute certainty when you will be able to resume full physical activities. Recovery is a progressive process- you will feel better day-by-day.
   - The first day, leave the bed only to go to the bathroom. No barefoot walking.
   - The second day, dangle your feet over the bed for approximately five minutes out of every hour. You may eat meals at the table on the second day only if instructed to do so by the doctor.
   - For the first week or two, resting each day is important. You may gradually increase the amount of activity each day, but strenuous work, heavy lifting, and excessive social activities should be avoided.

3.) Discomfort and swelling
   - The numbness will last 5-20 hours, and swelling is expected.
   - In some cases the skin of the foot or the leg may take on a bruised, black-and-blue appearance.

4.) Bleeding
   - A slight amount of drainage on the bandage is normal and should cause no concern. Resting the foot in an elevated position will limit bleeding.
   - If bleeding continues, wrap a towel around the foot and apply an ice pack to the oozing area. The surgical solution that was painted on your foot prior to the operation is dark in color and the operation site may appear to be oozing when it actually is not.
5.) **Dressing**
- Keep the bandage *absolutely dry* and *do not remove it*.
- If the bandage becomes too snug, remove the ace bandage and reapply. If this does not help, *call the office*.
- If the bandage should inadvertently become wet, *call the office immediately*.

6.) **Stitches**
- The stitches/staples will remain in place from 15-21 days depending upon the nature of the operation.
- A slight pulling sensation may be felt due to the stitches, but this is a normal occurrence.

7.) **Ice**
- Apply a well-sealed ice bag to your ankle for 20 minutes, every second waking hour for the first 48 hours.
- Do not leave ice on at bedtime or during long naps.

8.) **Medications**
- For moderate to severe pain take the **medication** as prescribed.

10.) **Shoes**
- Wear your special boot/shoe anytime you put weight on your foot, even if it is just to walk to the bathroom and back.
- It may be **at least 4 weeks** before you will be permitted to try out your regular shoes again.
- You may be advised to use crutches and bear no weight on your foot until your first follow up visit.

11.) **Diet**
- A regular diet may be kept with the exception of alcoholic beverages.
- Drink large quantities of liquids, especially *citrus* and other fruit juices.
12.) **Post-operative Care**

- The post-operative care period lasts for approximately six weeks. During this time, periodic visits to the office will be required and your healing will be carefully attended. It is essential in terms of future health that your feet be completely healed before you are discharged from medical care from this operation.
- If for some reason healing is not complete after this period, you will be instructed to return regularly until full healing has occurred. The importance of this care cannot be overemphasized.

13.) **Future Foot Health**

- Following your discharge as a surgical patient, follow-up care may be recommended to prevent foot problems.
- It will be suggested that you return at periodic intervals for foot examinations. A foot health check-up is your insurance for a comfortable walking life.

**Please call the office after leaving if you have:**

- Undue discomfort or swelling
- Excessive heavy or prolonged bleeding
- Dizziness or fainting
- Or call if you are troubled or worried about anything related to your surgery.

Thank you in advance for your cooperation