

Surgery Preparation



Your Podiatrist has recommended surgery as the best treatment for your Foot/Ankle Condition. So here are some things to do in preparation for a much easier recovery experience.



We recommend that you have a family member or friend stay with you for the first 24 hrs after surgery. Please also have that family member or a friend drive you to and from Surgery.

Planning for Surgery:

- Make sure to check with your Doctor on when you can travel and when you can return to work.
- Prepare your home by getting groceries and chores done prior to Surgery. Also, create a game-plan for movement around the house that will be hassle-free from obstacles.
- Prepare your shower items (like a shower bag and stool) prior to Surgery.
- Prepare your mobility items (crutches, wheelchair, scooter, etc.) and comfort items (pillows for elevation, ice machine or packs, etc.) all prior to Surgery for easier accessibility.
- Prepare activities to keep you entertained while you're off your feet like movies, books, puzzles, etc.

Make sure to take care of your health before & after Surgery!

