

What to Expect from Surgery

Our goal is to provide the highest quality of specialized care for problems of the foot and ankle. Premier Podiatry wants you to be prepared and as comfortable as possible after your surgery. Please keep in mind when opting into the surgical route that how quickly you recover depends on the type of surgery performed and other facts like age, overall health, etc. Everyone recovers from surgery at different rates.

The majority of procedures are completed on an Out-Patient basis. Most Patients spend about an hour in recovery before released to go home. Surgical procedures require a general anesthesia and Patient should be driven home by a family member or friend.

Before Your Surgery...



Please follow the below tips to help prepare for your recovery.

- We recommend that you have a family member or friend stay with you for the first 24 hrs after surgery.
- Plan your schedule for after surgery:
 - Make sure to check with your Doctor on when you can travel again after Surgery (vacations, out of town trips, etc)
 - Make sure to plan out your leave from work (if necessary) and ask your Doctor for return date to work
- Prepare your home:
 - Put a shower stool (if needed) in shower
 - Make sure there are clear paths for movement around home
 - Make sure to have means for elevation (pillows, or anything comfortable to prop leg on)
 - Ice or Icing machine or frozen vegetables
 - Have crutches, walker, scooter, etc available and easily accessible
 - Have easy access to necessities and rooms (possibly make a temporary bedroom if it's not easy to get to or on first floor of home)
- No smoking or drinking prior to surgery
- Prepare some activities to entertain while being off your feet
 - Movies to watch
 - Books to read
 - Etc
- Take care of your health prior to and after your surgery

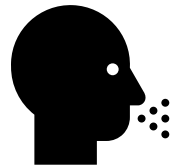




After Your Surgery...

- Things to keep in mind right after Surgery:
 - DO NOT drink alcohol for the first 24 hours after Surgery or while taking pain meds
 - DO NOT drive a car or drive/operate heavy machinery/power tools while taking pain medications that can cause drowsiness
 - DO NOT smoke/chew any tobacco products as it can hinder the healing process and cause infection or more serious risks
 - CUT DOWN on caffeine products
 - DO NOT skip meals or you may feel dizzy, shaky or anxious

- Surgery may cause side effects like the following list. You can take measures to help beat these experiences.
 - Decreased appetite/Nausea
 - Eat small meals
 - Don't take meds on an empty stomach
 - Relax and take deep breaths
 - Drink plenty of Fluids
 - Difficulty sleeping
 - Prop up pillows for better elevation under foot or ankle
 - Ask Doctor for recommendation on sleeping methods to help comfortability
 - Mood Swings
 - Constipation
 - Drink plenty of Fluids/Water
 - Certain Juices can help (Like prune)
 - Over the Counter meds (like Senokot-S, Colace, etc.)
 - Ask Doctor about possible other over the counter meds or fiber supplements to help
 - Pain/swelling/redness/etc.
 - Elevation can help control welling and pain
 - Pain medications provided by your Doctor (Follow instructions o bottle or call your doctor for any questions or concerns)
 - Icing
 - Skin Irritation/Itching
 - Over the counter Benadryl can help. Check with your Doctor first
 - Numbness



- This is normal from nerve blocks and will dissipate
- Can last hours to days
- Bleeding/Drainage
 - Bleeding/Drainage is normal after Surgery
 - Extra gauze or ACE wrap over dressing is fine but DO NOT remove dressing without Doctor Permission
 - Elevation can help decrease blood flow

Pain Management

Expect to be in some degree of pain following surgery. Again, we all heal at different rates. Generally, the pain can subside anywhere from a few days to a week or so after surgery depending on the person and the type of surgery. It is important to take pain medications and have patience throughout the healing process.



Icing can help with pain management when it occurs as well. Either an ice pack, bag of frozen veggies, or even an icing machine (can find some on amazon) can help with this process. Icing can be done anywhere between 15-25 minutes every couple of hours to help pain/swelling. Do not ice for longer as it can lead to issues with healing. Make sure to not get the dressing wet.

Elevation is also a good way to battle pain and swelling. Foot should be raised above your heart or a bit above the nose with either the use of pillows or another means to help blood flow. If you are sitting at a desk or table then resting your foot/ankle on a chair is the best way to elevate as well.

Proper Wound Care



- Make sure to elevate foot regularly
- Make sure to not get incision or dressing wet until otherwise allowed by Doctor. Showering is allowed as long as area is covered or not able to get wet. Shower bags can be purchased through our front desk or through any pharmacy or online store. Make sure if you are non-weightbearing you also have a shower stool.
- Bandages should not be removed unless otherwise directed. Please avoid getting them wet or dampened as well. Extra gauze or more dressing is ok to add if you are wanting to reinforce an area if bleeding.
- Icing regularly can help pain and swelling along with elevation. Please see above instructions on how to ice properly.
- Breathing can help keep lungs clear and help with any nausea. Sit upright in bed, or in a chair and place both hands on lower rib cage. Take slow, deep breaths through the nose



and hold for three seconds before slowly exhaling through the mouth. Repeat this about 10 times every couple of hours. Make sure to also cough every couple of hours 2-3 times in a row to really help clear lungs.

For any questions or concerns you can always call our office at 314-434-9600 for assistance from a Medical Assistant or Doctor.

