

*LOMA LINDA AMBULATORY SURGICAL CENTER
PODIATRY CORPORATION*

PRE-OP INSTRUCTIONS

- Go to a laboratory to get pre-op blood work done on the Friday before your surgery. Date: _____ . Bloodwork more than one week old will not be accepted and surgery will have to be rescheduled.
- Do not eat or drink anything after midnight the night before your surgery (unless otherwise instructed by your doctor or anesthesiologist. We have given you a brochure explaining what to expect.
- You should arrive at the surgery center ½ hour prior to your appointment time.
- Arrange to have a licensed driver take you home from the surgery center. You cannot be taken by a bus or transportation service, unless accompanied by someone.
- If you are over the age of 50 or have a history of heart problems, you must get an EKG done before your surgery. If you have had an EKG within the last year, a copy will be sufficient.
- If the doctor has requested medical clearance from your primary care physician, or an EKG, or a chest x-ray, we must have them by the day of the surgery or surgery will not be performed. The doctor's office can fax it to us at (909) 796-3709. If they give it to you, please drop it by our office before the date of surgery. Doctor is requesting : _____
- If you are diabetic, please bring your glucometer with you to the surgery so your glucose can be checked both before and after surgery.
- If you are on anti-coagulant medication (i.e. coumadin, aspirin, or any type of blood thinner) or anti-inflammatory medication, please discontinue taking them prior to your surgery. Please refer to the attached list for products containing aspirin. Aspirin or anti-inflammatories = 10 days prior, Coumadin = 3 days prior
- Remove any nail polish.

I have read and understand these instructions.

Patient

Date

Witness

Date

Postoperative Instructions for Foot Surgery:

Dressings: After the surgery, the foot will be wrapped with a large bulky sterile dressing or splint, which helps keep the swelling and pain to a minimum and protects the surgical site. A surgical shoe may be used to further protect the foot. For certain procedures a cast or splint may be used to further immobilize and protect the surgical site. A patient with a cast should not put any weight on the side with the cast. The entire dressing is to remain on and dry until the first postoperative visit, which is approximately 7 days later.

Bathing: Until the patient's second postoperative visit, a shower is prohibited to prevent getting the wounds wet. A sponge bath is recommended. A bathtub can be used for bathing as long as the operated foot is kept elevated, out of the water, and absolutely dry. Keeping the dressing intact and dry, and taking the antibiotics as instructed will minimize the risks of postoperative infection.

Swelling: It is important that the leg is kept elevated. This will reduce the swelling and also minimize the pain.

Relief of pain: A prescription for pain medication will be given. The medication can be taken 1 or 2 tablets every 4 to 6 hours (refer to the instructions on the bottle). The medication should not be taken on an empty stomach. After the first week, gradually reduce the intake of pain medication and take it only as needed. Do not drive or drink alcohol during the time that the pain medication is being taken. If refills are needed, please call the office in the morning of business hours so that the prescription can be refilled by the afternoon. Ice and elevate the lower extremity. Apply ice pack to the area instructed by your doctor for about 20 minutes every hour. Keep your leg elevated above the level of the heart. The more you ice and elevate, the less swelling and pain you will experience.

Diet: After surgery drink lots of fluids and eat soft nutritious food for the first 24 hours. An adequate diet is essential for the healing process. However, no special diet modification is necessary.

Nausea and vomiting: Although unusual, both can be experienced after anesthesia and surgery. If you have a tendency for this, please discuss it with the anesthesiologist. Otherwise it is usually alleviated with a clear liquid diet.

Drowsiness: After anesthesia, drowsiness may persist for quite a while. It should cause no special concern, but one should not drive until it resolves.

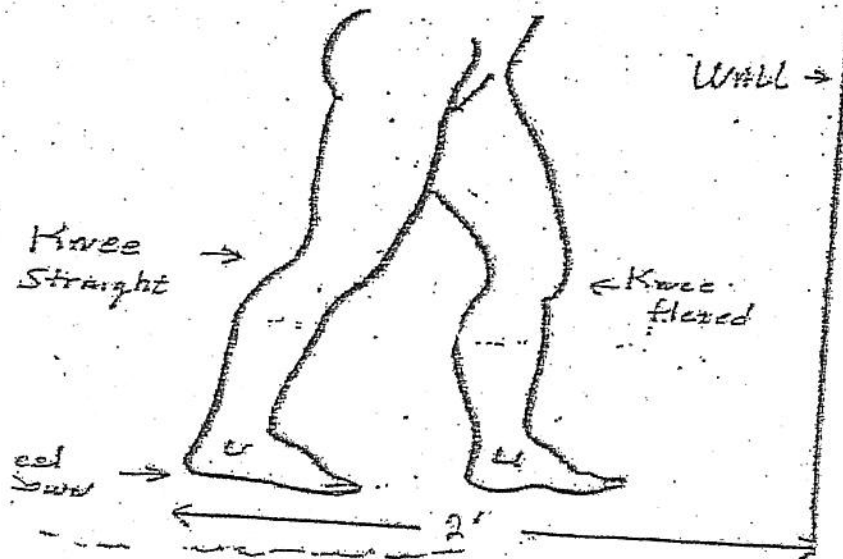
Driving: Driving is generally not recommended for the first 2 weeks after surgery, and then only if the surgery was performed on the left foot, car is automatic, and you are aware that driving too soon after surgery may put you at risk for any liability as a result of an accident. Driving too soon may cause damage to the operative site, as well. In certain cases, such as surgery on the right foot or if you are recommended to remain non-weight bearing on the right lower extremity, than driving is prohibited until healing is achieved or until you are released by your doctor.

Activities: For the first 10 – 14 days after surgery, we recommend that you keep the foot elevated above the level of your heart as much as possible. The first 3 – 5 days after surgery, you should be on strict bed rest and elevation; only leaving for bathroom and meals. You may use crutches as needed. Upon discharge from surgery you are to remain:

- () non-weight bearing
- () weight bearing is allowed with the use of surgical shoe or camwalker at all times
- () Do not remove camwalker; wear it day and night.

Postoperative office visit: Your postoperative appointment is on _____ at _____. Please be sure to keep this appointment or call us at 909-796-3707 if you need to change the date or time.

HEEL CORD STRETCH



POSITION

1. Stand approximately arms length away from a wall (2'-3').
2. Feet together and pointed straight ahead.

TECHNIQUE

1. To stretch the right heel cord, step forward with the left leg as shown on the diagram.
2. Lean forward into the wall slowly, keeping the right knee straight until you feel a stretching sensation in your right calf.
3. Keep the right foot pointed straight ahead and most importantly, keep the right heel on the floor.
4. Hold that position for approximately 30 seconds.
5. To stretch the left leg, assume the proper position and step forward with the right leg.

IMPORTANT

DO NOT BOUNCE OR JERK BACK AND FORTH WHILE DOING THE STRETCH.
DO NOT POINT TOES OUT TO THE SIDES.

ICING EXERCISES

POSITION

1. Best performed in a seated position.
2. Remove shoes, but keep your socks on.

PREPARATION AND TECHNIQUE

1. Fill a water bottle with water and freeze it.
2. Roll it under arch two times a day for 15-20 minutes.

NAME _____

DATE: _____

In a few hours you will feel a throbbing sensation in your in your toe. It is just the numbness leaving the toe.

A certain amount of bleeding is normal, as it cleanses the area.

If you have any discomfort take 2 Tylenol tablets every 4 hours as needed for pain or your prescribed medications.

If you have any throbbing in the toe, elevate your foot above the level of your heart to relieve your pain.

I have read and understood these instructions.

(patient, parent or guardian)

(relationship to patient)

(witness)

Tonight

At home: remove dressing and to 1 quart of warm water add 2 tablespoons of Epsom salt. Stir the solution and soak the toe 2 times a day for 15-20 minutes.

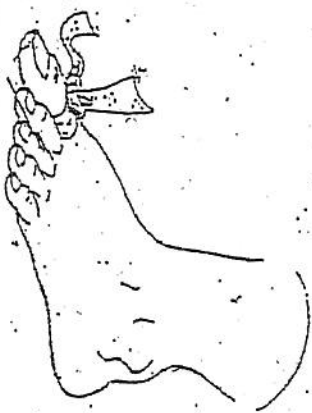
After you soak, brush, rinse and dry the area. Use your prescriptions as directed and cover with gauze.

All nail operations take approximately 2 months to completely heal. They may take longer. During this period a thick fluid resembling pus may drain from the area this should not be mistaken for an infection.

10% of all nail operations will have some regrowth.

Reminder

- Call the office if the following occurs:
- Bandages become saturated with blood.
 - Pain medication does not relieve your pain.
 - Bump or injure your foot.



If you have any other questions please call the office:

Loma Linda 909-796-3707
Apple Valley 760-242-5096

MARTIN AMTRI DPM
ROBIN LIE DPM

POST OP NAIL SURGERY INSTRUCTIONS