

## Foot and Ankle Surgery - Pre-Operative Information

**Foot and ankle surgery is a specialised area of orthopaedic surgery. The surgery can be quite challenging and every patient is different with unique needs and goals.**

You will need to follow instructions, perform appropriate exercises, and modify your activities during your healing process.

This requires patience, persistence, and a desire to get better. If you are unable to complete the post-operative instructions it will affect your results and you should consider alternative treatments. Successful results from surgery require a contribution from you.

Whenever surgery is considered we always try to minimise the risks. You are already on this path by consulting an experienced orthopaedic surgeon who is a specialist in foot and ankle disorders. The body is a very complex and varied structure so although we aim for perfection, no specialist can give perfect results every time.

This information package is intended to provide you with pre-operative, surgical and post-operative instructions in regard to your surgical procedure.

It is important that you read all of the information carefully. If you have any questions or concerns, or are not certain about the benefits, risks, limitations, or alternatives to your treatment, please do not hesitate to ask Dr Zilko.

### PREPARING FOR SURGERY

- The hospital does *not* provide crutches or frames, so please hire a set from your local pharmacy if you are to be non-weightbearing after your operation, and bring them into hospital with you.
- Please remove make-up & nail polish from your feet.
- On the morning of surgery please shower and thoroughly wash your feet and toes with soap (antibacterial if this has been provided to you) and water.
- Wear loose fitting clothes to hospital that will fit over a cast, moonboot or surgical shoe.

- Fast from the time instructed.
- On the day of surgery do NOT take any insulin or diabetes tablets unless otherwise instructed (if you are normally on insulin please confirm with the rooms that we have this information). Aspirin and any blood thinners (eg warfarin, Plavix, Iscover) should have been stopped one week before surgery.
- Otherwise please take your normal medications (eg blood pressure tablets) with a small sip of water.
- Arrive at the hospital at the time advised to you. Please bring a book, magazine or music in case of a moderate wait or delay. Leave valuables & jewellery at home.
- **Remember to bring the surgical shoe or boot** if this was supplied in the rooms, as well as any hard copies of x-rays and scans.

### DURING YOUR HOSPITAL ADMISSION

#### Local Anaesthetic Block for Pain Management

A local anaesthetic block may be given to you during surgery. This will produce numbness in the region of your surgical procedure. It will provide you with pain relief for approximately 8–12 hours post-operatively enabling you to be comfortable and to sleep after your surgery.

#### Discharge Home

- A physiotherapist may see you in hospital to give you instructions as to walking, weight bearing, exercises and the use of any aids (eg crutches).
- Once you can safely mobilise and your pain relief is adequate, then you can go home.
- You must make arrangements for a responsible adult to take you home after your surgery. It is strongly suggested that someone stay with you during the first 24 hours or until you are able to get around safely.
- Plan to **rest and elevate your leg** after surgery to minimise bleeding and swelling.
- Once you arrive home, wait until you are hungry before eating. Begin with a light meal such as a sandwich, fruit, tea, coffee or juice. A heavy meal can cause nausea and vomiting after an operation.
- Take your medication for pain as directed.