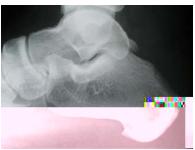
Richard M. Marks, MD Professor and Director Division of Foot and Ankle







## **Pre-Operative Considerations:**

All patients will have a pre-operative medical evaluation arranged either through your primary care provider or through pre-admission testing at Froedtert. Anti-inflammatory medications (i.e. ibuprofen, aspirin, plavix, or celebrex) need to be stopped seven days prior to surgery. You will be contacted the day prior to your scheduled procedure regarding the exact time of your procedure and required arrival. Please be punctual. If you are not contacted by 3:00 PM, please call (414) 805-3285 for procedures being done at Froedtert's main OR or (414) 805-9500 for procedures at Sargent Outpatient Surgery Center.

Following surgery you will be unable to place weight on your surgical extremity thus preoperative planning is essential. Prior to surgery, an appointment with a physical therapist
will be made for instructional use of crutches or a walker as their use will be required
post-operatively. The device will also be fitted to your height during this appointment.
The crutches or walker will be issued at that appointment or arrangements will be made
to obtain the device or arrangements will be through a medical supply company approved
by your insurance. Some patients may opt to use a Roll-a-bout or wheel chair. These
devices can be obtained through your local medical supply store. Please contact the
office (414-805-7442) with the medical supply store of your choice and a prescription
can be faxed in. Regardless of the modality used to maintain your non-weight bearing
status, please practice in your home prior to surgery as repetition will reduce the risk of
falls post-operatively. Removing throw rugs and clearing wider pathways through your
home will also make navigating with crutches or walker easier and diminish the risk of
falls. hw

Non-weightbearini To ensure optimal surical results, you will be unable to bear weight on your operative side. The use of crutches or walker is required. Activities are strictly limited during this time.

Elevation: Strict elevation above heart level (toes above the nose) for the first ten days is important to your recovery as it helps to minimize pain and swelling. Swelling can adversely affect the soft tissue by placing increased tension on incisions putting them at increased risk for dehiscence.

Pain Control: Pain medications will be prescribed to be used as needed. Pre-Operative nerve blocks can last between 8 to 12 hours; however, waiting to take pain medication until the block has completely worn off can result in increased breakthrouiain which can be difficult to manai. Please plan accordingly and take your medication promptly when sensation beins to return to the foot usually indicated by a tingliniensation in the toes or mild discomfort at the surgical site. Pain medications may be taken on a scheduled basis in the early (o)-.004 Ttiar(1)-291

Mederma into the incisions twice a day. Silicone gel strips should also be used in conjunction with the other scar management modalities. These can be obtained from the Orthopaedic Physical Therapy department located on the 5<sup>th</sup> floor near the orthopaedic clinics.

If any questions arise, please contact the office at (414) 805-7442 between 8:00 am and 4:30 pm Monday through Friday. Leave your number and message, Dr. Marks, Jamie, his physician assistant, or Mary S., his nurse, will return your call.