

NORWOOD PODIATRY ASSOCIATES P.C.
SPORTS MEDICINE
MEDICAL & SURGICAL MANAGEMENT OF FOOT DISORDERS

PREOPERATIVE INSTRUCTIONS

Name _____ Date/Time of Surgery _____

1. Hospital surgery requires a History and Physical performed by your Primary Care Physician dated within 7 days of the surgical procedure. Please make sure this is done before the day of surgery or else it will be cancelled.
2. Have blood work done one week before surgery (this can be done with your PCP or at the Pre-operative Screening at the hospital).
3. You must have a Pre-operative Screening at the hospital one week before surgery if you are:
 - Female 55 and over
 - Male 45 and over
4. Take any usual medications the day of surgery UNLESS told otherwise by the nurses/staff at the Pre-operative Screening.
5. Fast after midnight: do not have liquids or food in the morning.
6. Scrub your feet and nails for 5 minutes with soap and water twice on the day before and also on the morning of your surgery. Remove all nail polish.
7. Wear loose fitting, non-constrictive clothing to make you as comfortable as possible. Women should wear pants.

PLAN AHEAD:

Plan ahead about your personal needs during the brief time you will be restricted as to your activity. Arrange to have someone with you at home for the first 2 days who can get meals, answer the door, run errands, etc. Try to arrange for your sleeping quarters, bathroom and meals to be on the same floor so that stairs can be avoided.

Please do not hesitate to call our office if you have questions.

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POSTOPERATIVE INSTRUCTIONS

Name _____ Date/Time of Surgery _____

1. First 24 hours following your surgery, keep weight off foot (feet) as much as possible.
2. When instructed, wear the surgical shoe to bed for the first night following surgery.
3. Do not bump the surgical site, nor the surrounding area.
4. Keep bandage clean and dry and do not tamper with nor alter.
5. Some brown staining from the medication or bleeding may occur and will show through the bandage. Do not become alarmed. Bleeding is normal in this type of surgery. If bleeding is excessive (bandage becomes entirely wet and blood soaked), phone me.
6. Take aspirin, Advil or Aleve for the first 48 hours after surgery. This will reduce swelling and pain. Take the pain pills if the anti-inflammatory medication does not control the pain. If you do not have pain, do not take the pain pills.
7. When sitting, elevate your feet; when walking, move – do not stand or sit in one place for a very long time.
8. For throbbing or excessive pain for which the pain medication does not relieve, loosen the brown bandage (Coban). This usually brings relief. If this does not, apply an ice bag as directed.

NOTE: Apply an ice bag to the feet just behind the surgery area for 15 to 20 minutes and then remove it for 30 minutes. Repeat as needed. (Be sure to cover the ice bag with a towel so as not to allow the dressings to become wet.)

9. Upon returning home, stick to a high protein diet with ample fluids and consume no alcoholic beverages; keep bowels and urination open.
10. It is very important that the brown bandage (Coban) be used 6 – 8 weeks postoperatively. This will reduce swelling and speed healing. Care must be taken not to apply too tightly so as to cut off circulation.
11. To prevent and reduce any swelling causing pain, the doctor's instructions must be followed exactly. Do not attempt to be your own doctor.
12. Should you have any questions regarding your case, phone the office at 781-762-4205, (covered by exchange day and night).

Dr. LeRoy J. Kelley, III, DPM
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