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Pre-Op Instructions

Scheduling Your Surgery

Choosing a date for your surgery requires the coordination of various people's schedules. The hospital, the surgeon, and you all have different times for when they are available to perform the surgery. After you decide to have surgery, this informational sheet will be handed or mailed to you. Please look over everything in this packet and bring the signed pain medication contract to your surgery. As of this letter, your surgery is booked for:

_____ at _____

(Date/Time)

(Place)

Please understand that the time of the surgery is the **requested** time booked by Dr. Kenneth Donovan. It is up to the facility what time the surgery will be held, as each facility has their own scheduling priorities. In most cases the requested time will be granted by the facility, but please leave your schedule and whoever is accompanying you to the surgery completely free in order to accommodate any changes to the time. If you have any questions about changes to the requested time of surgery, feel free to contact facility where the surgery will be held. Below is a list of phone numbers for your convenience:

RWJ Barnabas Health
94 Old Short Hills Rd
Livingston, NJ
973-322-5130

Union Surgery Center
1000 Galloping Hill Rd
Union, NJ
908-258-7666

Surgicare Central Jersey
40 Stirling Road #205
Watchung, NJ
908-769-8000

Communication

It is essential that my office or facility where the surgery is being held, have 2 ways we can reach out to you. We may need to inform you of scheduling changes, verify that you are getting the necessary pre-operative testing, or obtain prior some medical records. If your primary way of communication is a cell phone. Please make sure your cell phone voicemail is set up or cleared of old messages so we can leave important messages about your surgery. If we find it difficult to reach you during this pre-operative period (ie. fail to respond to phone calls, your phone number is out of service, your voicemail box is full, etc) **WE WILL CANCEL YOUR CASE** as having an open line of communication is important before and after surgery.

Cancelling Your Surgery

Please be aware that Dr. Kenneth Donovan, blocks off a significant portion of his day for your surgery. Any cancellations within 48 hours of surgery will be subject to a **\$100.00 cancellation fee**. Your surgery cannot be rebooked until this fee is collected. Not having your pre-operative testing done in time, is not an excuse for canceling your surgery within the 48 hour window. If you cancel your surgery a second time within the 48 hour period, Dr. Kenneth Donovan will request that you address your surgical needs with another physician.

Transportation Arrangements

Most podiatry procedures require the use of intravenous sedation. This form of anesthesia requires you not operate a motor vehicle for up to 24 hours. Therefore you will need someone to help you get home after your operation. Make arrangements for a friend or relative to drive you home on the day of your operation. Most hospitals won't allow you to take public transportation home, due to the post operative effects of the anesthesia. During your operation, there is a special room where your family/friends can wait. If your family/friends are unable to stay, you will be able to call them after your procedure. Your family can then meet you in the recovery area when you are ready for discharge.

Pre-Admission Testing (known as "P.A.T.'s")

Depending on your age and sex there are certain requirements needed before a patient can proceed with surgery. These tests ordered by your doctor are called Pre Admission Tests commonly referred to "P.A.T.'s" and usually include basic tests such as EKG, Chest X-ray, and Basic Lab Work to determine one's health prior to surgery. In some cases a medical clearance note from your medical doctor is required. If these things are not completed prior to surgery, your case will be cancelled, and will need to be rescheduled at a later date.

[] Chest X-Ray: Needs to be completed within _____ of the surgery date

[] EKG: Needs to be completed within _____ of the surgery date

[] Lab Work: Needs to be completed within 2 weeks of the surgery date

[] Medical Clearance: need a note from your medical doctor stating you're healthy enough for surgery under _____.

[] Cardiac Clearance: need a note from your cardiac doctor stating you're healthy enough for surgery under _____.

All tests and pertinent information should be faxed to us at **(908) 450-1558** and your medical doctor. It is also recommended that you keep a hard copy for yourselves to bring on the day of surgery.

The Day of Surgery

- Unless told otherwise by the facility where the surgery will be held, please arrive 2 hours before the scheduled start of your surgery
- Notify the office if you have a cold, cough, fever, or other illness before the day of surgery
- Do not bring jewelry, credit cards, large amounts of money, or other valuables with you the day of your operation. You will need to have some money with you for prescriptions, should you need to get some after surgery. The person accompany you can hold it. Select comfortable clothing to wear to the hospital
- If you wear glasses, contacts, dentures or a hearing aid, bring along a case to put them in.
- Remove all eye makeup and nail polish before coming to the hospital
- If you smoke, stop or at least reduce your smoking prior to the operation. Studies have shown that smoking decreases healing time after the surgery up to 33%.
- Eat a light supper the day before your operation and don't drink any alcohol for 24 hours before surgery.
- **After midnight, you should not eat or drink anything by mouth.** This includes gum, candy, water, coffee, tea, or food of any kind. And remember not to swallow water when you brush your teeth before coming to the hospital.
- **Certain medications can be taken by mouth with tiny sips of water.** All medications to be taken the day of surgery should be discussed with your doctor.

Medications That Increase Bleeding or Interfere with Anesthesia

Some medications impair the body's ability to form a clot and stop bleeding. Obviously, failure to normally form clot is undesirable around the time of surgery.

ASPIRIN: Ideally aspirin should be discontinued a minimum of 7 days prior to elective surgery. This advice includes products containing aspirin, like Percodan and Excedrin.

Non-Steroidal Anti-inflammatory Drugs (NSAIDS): Non-selective COX inhibitors (ie. Advil, Motrin, Mobic, Aleve, Naproxen, etc) should be discontinued 7 days before elective surgery. Selective COX inhibitors (ie. Celebrex) can be continued. If you have any questions, ask your doctor.

Vitamins, Supplements, Herbals: Many herbal medications and supplements may increase bleeding and/or interact with medications used for anesthesia. In many cases, the exact composition of supplements and the potential interactions are unknown. Specific recommendations cannot be given. Therefore, **DO NOT TAKE** these medications for a minimum of 7 days prior to elective surgery.

Coumadin, Heparin, Plavix, Pradaxa, Xarelto, Eliquis, and Lovenox: If you are taking any of these medications, they should be discussed individually with your doctor prior to surgery. In some cases, despite the effects these medications have on clotting, they shouldn't be held prior to surgery, so it's important that these medications be discussed on a case by case basis.

Other Medications

Here is a quick list of medications you can or cannot take the day of surgery. Remember all medications should be taken with tiny sips of water. If you have any questions, or your type of medication isn't on this list, than please ask your medical doctor about it.

Take

- Blood Pressure Meds (except water pills)
- Heart Medications
- Anti-Reflux Medications
- Seizure Medications
- Asthma Medications/Inhalers
- Birth Control Pills
- Steroids

Do Not Take

- Chewable Antacids (TUMS, Rolaids)
- Water Pills
- Insulin
- Diabetic Oral Pills
- Potassium
- Weight Reduction Agents
- Vitamins

Post-Op Instructions

Weight Bearing Status

In order to ensure a good result, foot or ankle surgery may require a period of non-weight bearing on the surgically operated limb. Depending on the type of surgery, your weight bearing status may vary in degree and length.

[] Weight Bearing as tolerated to _____

[] Partial Weight Bearing to _____ in _____

[] Non-Weight Bearing to _____ lower extremity with _____

Regardless of your weight bearing status, it would benefit you greatly to stay off your feet as much as possible for the first 48 hours. This will help reduce swelling and post operative pain. Only get up to use the restroom or eat. If wearing a surgical shoe or boot it is important to wear at all times, including at night while sleeping the first few nights to avoid hurting your foot when you are asleep.

Dressing Care

Keep your bandages completely dry and clean. If you plan on taking a shower, there are commercially available shower bags at local pharmacy that can be purchased to prevent the bandages from getting wet. Some bleeding through the bandages is normal and is no cause for alarm. If there is bleeding larger than a size of 2 silver dollars seen, then call your doctor immediately.

Pain

While post-operative pain is normal, there are ways to lessen it. When you get home, you are not going to be in much pain due to the long lasting effects of the local anesthesia. However, this will soon wear off in a few hours. Once you start to feel the slightest hint of pain, take a pain pill. The pain pills work best while pain is at a minimum, not when it is at its peak.

The next goal of pain relief is to reduce the swelling. Elevating your foot continuously will help tremendously. Your foot needs to be at a level higher than your heart. Usually 2-3 pillows will achieve this. Icing the area is the next best way to reduce swelling. Depending on the type of dressing you have there are several areas where ice can be applied. Behind the knee, inside of the ankle, and on top of the ankle are all areas where ice can be applied safely and effectively. Try to avoid putting ice directly on the bulky part of the bandages near the incision as this wet the bandage, which can lead to infection. Ice should be applied for 20minutes, then off for 40 min. for the first 2 days while your awake.

If the above doesn't lessen the pain, the next thing you should do is loosen the bandages. Sometimes the ace bandage is on too tight causing too much outward pressure causing extreme pain. Loosening up the ace bandages is usually a sure fire way to alleviate the pain. Try to leave the gauze bandages underneath intact.

Call the Office IMMEDIATELY if:

- Your bandages become saturated (soaked) with blood
- If the above measures fail to alleviate the pain
- If you develop a fever with a temperature of 100 degrees or more
- If you bump or injure your surgery site
- If you are having an adverse reaction to medication such as a rash, itching, shortness of breath, severe nausea, vomiting and diarrhea
- If you are having calf pain
- If the bandages become wet