

Prior to Surgery

- Arrange for a ride home.
- Do not plan on any long trips for at least two weeks after surgery.
- If you have significant medical problems, you will need medical clearance through your Primary Care Physician (PCP) since they know the most about your medical history. Schedule a history and physical with your PCP, no more than 30 days prior to surgery.
- If you live alone, it is best to arrange for someone to stay with you for the first 24 hours.
- Wash your nails, foot, and leg the night before and morning of surgery to reduce bacterial count. Wear a clean sock and closed toed shoe to the surgery center.
- We may need to stop using anti inflammatory medication 5 - 7 days before surgery (examples: aspirin, ibuprofen, Advil and Aleve). Ask Dr. Pulapaka.
- If you are taking any blood thinners, such as Coumadin, we will need to determine whether you can just stop the medication or go on a shorter acting blood thinner prior to surgery.
- Do not eat or drink anything after midnight the night before surgery.

Day of Surgery

Surgery is performed in the hospital or a surgery center. Most foot and ankle surgeries are day surgeries and you will go home the day of surgery. You will generally be given a local anesthetic and anesthesia per your Anesthesiologist. You will be constantly monitored by an Anesthesiologist. You will speak with the Anesthesiologist prior to your procedure and he/she will help you choose the best anesthesia based on your medical health and complexity of your case. Anesthetic choices are typically local anesthetic with sedation, general anesthesia and spinal anesthetic. Most forefoot cases can be performed with local anesthesia and sedation.

After surgery you will possibly be given a long acting anesthetic. You will also receive pain medication. You will need to arrange for a ride home. Patients are not allowed to drive home on the day of surgery.

Recovery from surgery

Weight bearing on your foot depends on your procedure. Some procedure allows for immediate weight bearing but we still feel that it is best to use crutches for 1-2 weeks. Other procedures require crutches for a longer period of time.

- First week after surgery keep your foot elevated as much as possible.
- Keep your foot dry for at least 2 weeks after surgery.
- One week after surgery you will have your dressing changed.
- Second week after surgery your sutures may be removed.

Dr. Pulapaka will advise you when you can increase weight bearing and activities depending on your surgical procedure.

Best results are achieved when patients are compliant with after surgery instructions. If you have any questions after surgery always feel free to call Dr. Pulapaka day or night.

386-738-3733 : After hours call the emergency line by pressing EXT 4.

PATIENT SIGNATURE AND DATE