



# The Foot Clinic, LLC

Ali Davis, D.P.M. F.A.C.F.A.S.

Board Certified in Foot and Ankle Surgery and Wound Care

## Pre-Operative Foot Surgery Information

- You will need to be seen by Dr. Davis within 30 days prior to your surgery, per hospital regulations.
- Make sure you contact your employer for FMLA paperwork and/or disability paperwork if needed **before** the surgery. Please make certain there is a fax number included for where to return the paperwork.
- Stop blood thinners five days prior to surgery; unless you were instructed differently. This includes Aspirin, Advil, Coumadin (Warfarin), Ibuprofen. Tylenol can be taken for pain, if needed.
- **DO NOT eat or drink anything after midnight the evening prior to surgery.**
  - You may take blood pressure medication the morning of surgery with a *very small sip of water.*
- If you have Asthma or COPD, bring your inhaler to use **prior** to surgery.
- It is best to have ice packs available (frozen peas work well).
  - Have three or four packs available and ready to use.
- **If you are diabetic, take HALF of your morning insulin -OR- contact your Primary Care Physician or Endocrinologist to manage your blood sugars around the time of surgery.**
- Please arrive approximately 1 and ½ hours early to surgery to start an IV. The anesthesiologist will ask you questions and prepare you for the surgery.
- Make sure you have your CAM boot and crutches, or knee scooter ready before surgery. You may be able to obtain a knee scooter from Apria at 1-888-492-7742.
- It is best to have a friend or family member available for 1 – 2 days after surgery and sometimes longer, depending upon the surgery.
- You will follow-up with Dr. Davis at The Foot Clinic at *one week, two weeks, four weeks, and typically eight weeks after your surgery.*
- You will need to keep your foot dry two weeks after surgery until the sutures are removed at The Foot Clinic.
- You can purchase a "Cast Dry" (A plastic sleeve to keep the foot dry) at local pharmacies. This keeps your incision(s) dry during bathing.
- It is best to have pain medication at home already for your surgery.
- If you have a prescription, have it filled prior to the surgery.
- **DO NOT** take Advil, Ibuprofen, or Naproxen for 48 hours *after* surgery.

WE WILL PRIOR AUTHORIZE YOUR SURGERY WITH YOUR INSURANCE COMPANY, BUT YOU SHOULD CALL ANESTHESIA ASSOCIATES TO BE CERTAIN YOUR INSURANCE IS ACCEPTED BY THEM: 913-428-2900.