

Noah M Blum, DPM, PA
2316 Nebraska Avenue
Fort Pierce, FL 34950
P: (772) 489-4343
F: (772) 489-4543

PRE-OP INSTRUCTIONS FOR FOOT SURGERY

1. If for any reason you find you cannot keep your scheduled appointment for surgery please notify Dr. Blum's office immediately at (772) 489-4343.
2. Please **DO NOT** eat or drink anything after midnight the night before surgery!! The day of surgery **DO NOT** eat or drink anything!!
3. If you smoke, Quit Now! Smoking before surgery or during the post-op recovery period will increase your risk of surgical complications, with anesthesia and the surgical site.
4. Discuss with your doctor any daily medications you take and any over the counter drugs such as, Aspirin, Advil, Motrin as well as Vitamins, Diet Drugs or Herbal products. *If*, you are instructed to take any medications the day of surgery, please take with **Only** a sip of water.
5. Leave all valuables at home. **DO NOT** wear any jewelry, including your watch. **DO NOT** wear any nail polish on fingernails or toenails. Do not wear any makeup the day of surgery. **Please, DO WEAR** comfortable clothes and slip on shoes.
6. You **WILL NOT** be allowed to drive after surgery. Please arrange for responsible transportation after your surgery. You **WILL NOT** be permitted to leave unescorted.
7. Please arrive promptly at the time given to you by the scheduling personnel. On occasion, your scheduled surgery time may be delayed or moved up. Please bear with the unplanned changes and we do apologize for any inconvenience to you.
8. Your surgery is scheduled on _____ at _____ AM / PM. You need to arrive on _____ at _____ AM / PM
9. If you have any questions, Please call our office (772) 489-4343

Noah M. Blum, DPM, PA
2316 Nebraska Avenue
Fort Pierce, FL 34950
P: (772) 489-4343
F: (772) 489-4543

Post Op Care for Foot Surgery

Relax! You just had foot surgery. These instructions are designed to improve your overall surgical experience.

1. Rest and take it easy for the next few days.
2. For the next three days, elevate your surgical leg with 1-2 pillows between the knee and ankle. Keep your foot higher than the level of your heart, and make sure your knee is slightly flexed as well. This will prevent cramps in your thigh.
3. Place an ice bag on a towel and place this on the surgical ankle for 20 min/hr for the first 3-4 days.
4. You may put partial weight on your surgical foot, **but always wear your surgical shoe** when you are out of bed. The surgical shoe is considered to be part of your bandage. Shift your weight off the surgical site when you are ambulating. You may use a walker to assist you if you do not feel stable.
5. Your activity level should be limited to the bedroom, living/family room, and bathroom as needed for the first three days. You may mildly increase your activity around the house after the first three days.
6. **Keep your bandage clean, dry and intact.** If the bandage feels tight, you may loosen the ace bandage only and immediately reapply it slightly looser.
7. **You may not under any circumstances take a shower or bath until Dr. Blum tells you.** Plastic bags with any combination of tape, rubber bands or string will not keep your bandages dry. This cannot be stressed enough! A wet bandage increases your risk of infection and bone infection. **You do not want this complication.**
8. Do not take any aspirin containing medications for the first few days.
9. Take your medication as described by Dr. Blum _____.
10. Although no complications are expected, call Dr. Blum at 489-4343, if you spike a fever, get your bandage wet, injure the surgical site, have pain not relieved by your pain medication or have any pertinent questions.
11. Your Post Op Appointment is _____ at _____.
12. Have a great post op experience.