

Foot and Ankle Pre-Operative Instructions

We would like to provide you with some information to help you prepare for surgery with Dr. DeMill.

Scheduling

Dr. DeMill's medical assistants will coordinate with you to schedule a date for your surgery. Please let them know as soon as possible when you have a date or if there are any changes to your surgery date. Dr. DeMill typically does surgery on Tuesday and Thursday.

Hospital or Surgery Center Pre op Evaluation

You will have a Pre-Op evaluation either in person or over the phone depending on your age and health status. You will receive a questionnaire to determine which evaluation is needed.

Pre-Operative Clearance

If you have significant health history, you will also need to obtain clearance prior to surgery. You will need to coordinate pre-operative clearance prior to surgery if you have any of the following conditions:

1. **Diabetes Mellitus** – Your Glucose should be controlled prior to surgery. If your Hemoglobin A1c is >7.5 , your surgery will be postponed. Please coordinate with your PCP to have your blood sugar controlled prior to surgery and have an A1c level within 3 months of surgery.
2. **Heart or Vascular Disease** – You will need cardiac clearance if you have any of the following: defibrillator, pacemaker, history of heart attacks, bypass surgery, stent or angioplasty, congestive heart failure, abnormal stress test, mitral valve prolapse, heart murmur, bradycardia, tachycardia, arrhythmias, aortic aneurism or widening of the aorta, blocked arteries in the heart, neck or legs; chest pain or shortness of breath walking a flight of stairs.
3. **Lung Disease** – You will need clearance from PCP or Pulmonology for any of the following: COPD, Emphysema, Chronic Bronchitis, Asthma requiring medications or inhalers, or if you use home oxygen
4. **Kidney Disease** – You will need clearance if you are on dialysis or have had a transplant.
5. **Neurological** – You will need clearance if you have ever had a stroke or TIA.
6. **Sleep Apnea** – If your sleep apnea is not treated, you will need clearance prior to doing surgery.

Medication Considerations

1. **Blood Thinners** – If possible, blood thinners are stopped prior to surgery to help limit blood loss during surgery. Please coordinate with your prescribing physician to make a plan for stopping and restarting these medications.
2. **NSAID's (Anti-inflammatories)** – all anti-inflammatories except for Celebrex (celecoxib) should be stopped 5-7 days prior to surgery. Celebrex can be continued pre-operatively.
3. **Chronic Pain Medications** – If you take chronic pain medications, please coordinate with your prescribing physician to make a plan for pain control after surgery.
4. **Immunosuppressive Medications** – These are typically used for autoimmune diseases such as Rheumatoid, Psoriasis, Lupus etc. Anti-retroviral medications are also immunosuppressive. Current recommendations vary based on the medication. Please review with Dr. DeMill prior to surgery which ones need to be altered.

Disability Forms

Should you have any disability forms or work excuse needs, please get them to us as soon as possible. We require 10-14 business days for completion and the earlier you get them to us the quicker we can turn them back around to you. Please be aware, there may be a charge for completion of disability forms.

Equipment

We have provided a list of items that will aid in your recovery. Some you will need, while others may make some tasks more convenient. You may find these products online or through our local medical supply stores. It would be best to set these up prior to surgery.

- **Cast/dressing protector** - During your immediate postoperative period and when in a cast, you cannot get this extremity wet. We have products available that will help protect your surgical dressing and cast while making showering more convenient.
- **Ambulation aids - Crutches, Walker, Turning Leg Caddy, Wheelchair** - Immediate after surgery you will need some type of device to assist with ambulation. Which device is best for you depends upon your individual needs and overall physical strength. We recommend obtaining these prior to surgery so that you may have some time to practice.
- **Shower bench** - This can greatly assist in bathing by allowing you to sit in the shower on a stable surface and use a hand-held shower. This would help decrease the risk of a fall.
- **Compression Stockings** - These will be worn on your non-operative leg. This is for prevention of blood clots.
- **Cold Therapy Unit** - This is an ice machine that can be incorporated into your surgical dressing to help with pain and swelling. These devices help keep the surgical site more cool than regular ice bags. Bring the cold therapy pad to surgery to have it incorporated into your dressing.

Medications

Typically, Dr. DeMill prescribes medications after your surgery. Prescriptions will be sent into your pharmacy the day of surgery. The number and type of medications you receive will vary depending on your individual needs and or allergies. These prescriptions should provide you with enough medication until your first visit in the office after surgery. If you require additional medication before this appointment, please plan ahead. We can only handle medication requests during regular office hours.

Your medications may include:

- **A narcotic pain medication** such as Percocet (oxycodone), Norco (hydrocodone), Tylenol #3 (Codeine). Please remember that these medications seriously and adversely affect your judgment and response times, so drive responsibly. You should not consume alcoholic beverages while taking narcotic pain medication. Some of these narcotics also include Tylenol (acetaminophen). Remember that maximum daily amount of Tylenol (Acetaminophen) is 3,000 mg. Narcotic pain medications tend to cause constipation. The best remedy for this, should it occur, is to increase fluid intake, increase activity as tolerated and increase dietary fiber by eating more fruits, vegetables and whole grain cereals, breads and bran. A stool softener can be taken to help also.
- **A blood thinning medication** to prevent blood clots such as Aspirin, Xarelto, Eliquis or Coumadin. This medication and a compression sock on the non-surgical leg are used to help prevent blood clots. If you are already taking this type of medication, please make Dr. DeMill aware of this.
- **An anti-inflammatory medication** called Celebrex. If you have any underlying heart related conditions or allergies to sulfa medications please make Dr. DeMill aware. You should not take any additional anti-inflammatory medication during this time. This includes prescriptions and over-the-counter medications such as Ibuprofen, Advil, Naprosyn, Aleve, etc.
- **A nerve medication** such as gabapentin to help control your postoperative nerve pain.
- **A heartburn medication** such as Pepcid to prevent heartburn with the other medications.
- **A stool softener** to help prevent constipation from the narcotics.
- **An antihistamine medication** called Vistaril to help the pain medication work better, to help prevent itching from the narcotic and to calm anxiety. This medication can also help you rest better at night.
- **An anti-nausea medication** such as Zofran (ondansetron) in case the narcotics or anesthesia causes nausea.



Questions or Concerns

For non-emergent questions or concerns such as prescription refills, general questions or to discuss operative concerns the best way to reach us is through ma.demill@mountainortho.com. We will get back to you as soon as possible during regular office hours Monday-Friday. If you have questions outside of regular office hours that need immediate attention, you can reach the answering service at 801-295-7200 ext 190. If you are experiencing a medical emergency, **call 911** or go to the nearest emergency room.

