

Before, During, and After Foot or Ankle Surgery

Preparing for your surgery:

Please help us prepare you for surgery by doing the following:

Talk to your doctor about any medicines you are taking.

Some medicines may need to be stopped for up to two weeks before you have your surgery. For example, if you take aspirin or other medicines for arthritis or pain, the medicine may thin your blood too much and cause more bleeding during surgery. Your doctor can give you another pain medicine for a time before surgery to prevent this. Have a list of all your medicines that you can review with your doctor.

Tell your doctors about any allergies you have, especially to latex.

Call your doctor immediately if you think you have an infection develop before your surgery.

Urine or bladder infections, open sores, tooth abscesses or colds and sore throats can increase your chance of infection during surgery. Your surgery may need to be rescheduled until after your infection is treated.

Learn more about your health care.

❑ If you use tobacco products, stop.

Tobacco products (cigars, cigarettes, chewing tobacco, snuff, etc.) decrease the amount of oxygen in your blood and decreases blood flow to your tissues. Oxygen is needed to help your body heal after surgery. You are at greater risk for lung complications after surgery if you smoke. If you cannot stop using tobacco products, decrease the amount you use.

❑ Have good eating habits and avoid becoming constipated.

Talk to your doctor if you have had problems with constipation. If you have not had a bowel movement for a few days before your surgery, check with your doctor about a laxative or enema.

❑ Before surgery, you will be scheduled for some tests to evaluate your readiness for surgery.

A physical exam will be done 1-2 weeks before surgery. Blood tests, a chest x-ray, and an ECG to check your heart may also be done. This may be done in your doctor's office or the Pre-Admission Testing Unit at the hospital.

❑ Try to relax and get a good night's sleep the night before your surgery.

❑ Do not eat or drink anything after midnight the evening before your surgery.

This decreases the risk of nausea and vomiting during and after your surgery. Your stomach must be empty during surgery. Please only drink clear liquids for the evening meal the night before surgery, for example, jell-o, broth, tea, and popsicles.

❑ Advanced Directives

Advanced Directives are legal papers that tell your doctors and other health care providers your wishes about the type of medical treatment you want if you become extremely sick and unable to say what treatment you want. Advance directives may be completed using an Ohio Living Will and Durable Power of Attorney. These forms are available at the Admitting office or through the nursing staff. If you have a copy of your Advanced Directives or Living Will, please bring them with you on the day of surgery.

❑ Assistive Devices

If you have obtained your walker or crutches before surgery, please label these with your name and have the equipment brought to the hospital the day of surgery or the first day after surgery.

❑ Transportation

Arrange a ride to and from the hospital, as you will not be allowed to drive the day of surgery.

❑ Valuables

Please do not bring any valuables to the hospital, such as jewelry, money, credit cards, etc. The hospital will provide a gown and robe.

❑ Overnight Hospital Stay

Some patients leave the hospital the same day as surgery and others stay overnight. If you are to stay overnight, bring personal hygiene items and clothing that will fit over bandages.

Day of Surgery

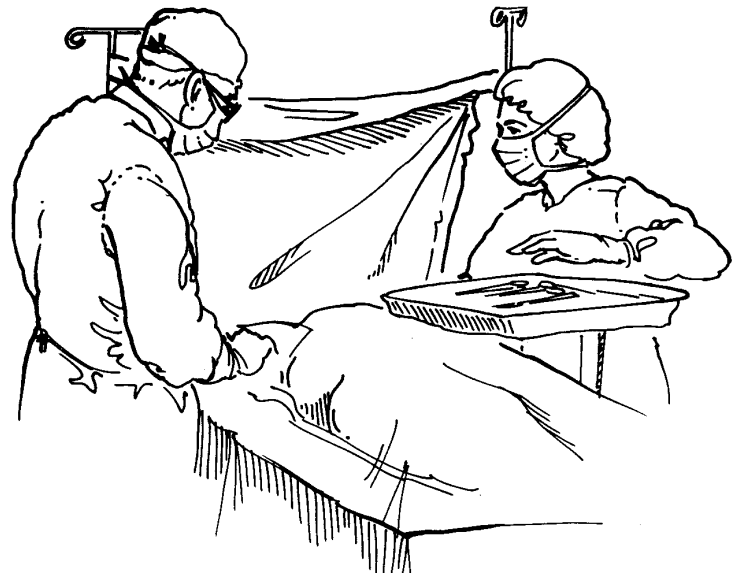
❑ Pre-operative Holding Area/ Ambulatory Surgery Unit (ASU)

- Your family will be allowed to stay with you until you go to the Pre-operative Holding Area. The nurse will answer any questions you and your family may have and will tell your family where to wait while you are in surgery.
- Dentures or partial plates, contact lenses, eyeglasses, hearing aids, and any other prostheses must be removed before going to surgery. Nail polish, make-up, jewelry, and hair clips must also be removed.
- While in the Pre-operative Holding Area, your anesthesiologist will talk with you. Your hair will be covered with a paper hat, like that worn by the operating room staff. The correct extremity that requires surgery will be marked.

- A nurse will talk with you when you arrive at the Pre-operative Holding Area or ASU. Your blood pressure, pulse, temperature, and breathing rate (vital signs) will be taken at this time. Other blood tests may be done if needed. You will have an IV or intravenous line to give you fluids before, during, and after surgery.

❑ Operating Room

- All staff in the operating room wear special scrub clothes, caps, and masks. You will notice that the room has bright lights and is quite cool. Many pieces of special equipment and tables are set up with supplies and instruments. The staff will explain things to you as they work with you.
- A nurse will be in the Operating Room to greet you and check your identification (ID) bracelet. You will be asked about allergies. Then you will be made comfortable on the operating room table. A safety strap will be put over you so you stay on the table. You will be covered with an extra blanket if you are cold and your arms may be tucked in at your sides or put on an arm board.
- During your surgery your vital signs will be closely checked. Special pads used to monitor your heart will be put on your chest. A small clip (pulse oximeter) is placed on your finger to measure your pulse and the amount of oxygen in your blood.
- The time it takes for your surgery is estimated. Your surgery may take a longer or shorter time than you and your family were told. If your surgery takes longer than you were told, it does not mean that anything is wrong, as non-surgical delays are common. After your surgery is over, the surgeon will come to the waiting area or call to talk to your family.



❑ **Post Anesthesia Care Unit (PACU)**

- After your surgery you will be moved onto a cart and taken to the **Post Anesthesia Care Unit (PACU)**. While you are coming out of anesthesia, a PACU nurse will watch you closely and take your vital signs often. Your pulse and the amount of oxygen in your blood will be checked. If you are getting oxygen after your anesthesia, you will feel a tube or mask on your face. When you first wake up you may feel cold and shiver. There will be other patients and a lot of activity and noise in the PACU. The PACU nurse will try to wake you up during this time. If you have pain, ask your nurse for pain medicine.
- X-rays may be taken while you are in the PACU.
- Your family will be able to see you as soon as you are recovered and are ready for discharge to home or to an in-patient bed.
- You may need to be trained in crutch walking or using a walker. This will be done either in the PACU or you will be taken to the physical therapy area for training.

Your hospital stay:

Usual Care After Surgery

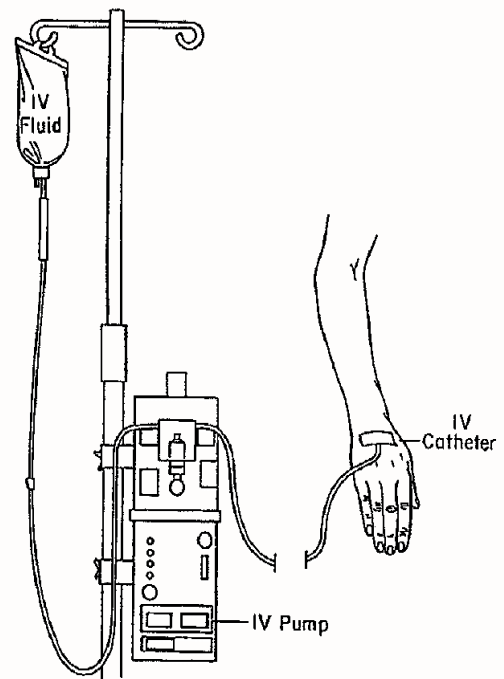
If you stay in the hospital the nursing staff will check you throughout the rest of the day and night. The staff will check your toes to be sure they are warm, and have good blood flow and feeling. Your temperature, blood pressure and pulse will be taken and your breathing rate will be counted. Your nurse will check your dressing and the drainage from your incision line. If you are not comfortable, let your nurse know. Your nurse will talk to you about your pain and help you control your pain.

❑ Pain Control

- You can expect to have some pain at your incision site for several days after your surgery. You also may have some soreness in other parts of your body because of the way you were positioned during surgery. Pain medicine and gradually increasing your activity will help to ease the soreness. Your doctor will order pain medicine for you. Be sure to let your nurse know when you have pain or need your medicine.

❑ IV or Intravenous Fluids and Antibiotics

- You will continue to receive fluid into your veins through an IV for a short time. The IV will stay in place until you are drinking all the fluid you need after your surgery. If you are getting medicine through the IV, you might have it in place for a longer time.
- You can expect to receive antibiotics to prevent you from getting an infection.



❑ Incision

- Your incision will be covered with a dressing. Your doctors and nurses will check your dressing and change it as needed. As the incision begins to heal, the dressing will get smaller.
- Your incision will have special metal staples or sutures to hold it together. These will be removed in 7-14 days on a follow-up visit to your doctor.

- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**