

# Prairie Path Foot and Ankle Clinic

## Preparing for Surgery

At Prairie Path Foot and Ankle Clinic, we care about you, your health, and your well-being. These instructions are intended to provide information regarding your care before and after surgery.

This information is intentionally general as any specific instructions will be discussed by your physician.

These instructions are not intended to supersede your physician's directions.

### **Follow the directions of your physician.**

Any questions specific to your care or condition should be addressed to your physician.

If you have questions after you leave the surgery center, please contact your physician.

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We would like to familiarize you some of the essentials which will make your preparation for surgery more pleasant and less stressful. If there is anything we can do to help you prepare for surgery, please let one of our staff know so that we can make the most of your time with us and make your visit as meaningful as possible.

- Before surgery, your medical doctor or surgeon should tell you which of your medicine (if any) that you should continue to take or should stop before surgery. Your doctor will want you to stop any anti-inflammatory medicine such as Motrin, Advil, Nuprin, Ibuprofen, Aleve (just to name a few) 10 days before surgery. *See next page*

**If you have any questions,  
you may contact the  
following:**

Prairie Path Foot & Ankle  
Clinic  
(630) 834-3668

Elmhurst Outpatient Surgery  
Center  
(630) 758-8800

Elmhurst Memorial Hospital  
(630) 833-1400

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- Talk to your doctor about which medicine (including over the counter medicine, vitamins, or supplements) that you should stop before surgery and when before surgery you should stop them. Also discuss with your doctor which medicine, if any, you should take the morning of surgery. If your doctor wants you to take any medicine the morning of surgery, take the medicine with the smallest sip of water (just enough to swallow the medicine).
- It is important that we know about any allergies that you have either to medicine, foods, or things in the environment. Make a complete list of all allergies and bring that list with you the morning of surgery.
  - It is important that you are as healthy as can be before your surgery. Stay away from anyone who may be sick or contagious. If you develop a cold, flu, fever or any infection, or if you are exposed to any contagious illness, notify your physician immediately, as your surgery will like be cancelled.
  - You should not eat or drink or smoke after midnight the night before your surgery (other than any medicine that you were told to take with a small sip of water). You may not eat candy or chew gum after midnight the night before your surgery.
  - Remove all toenail and fingernail polish before you come to surgery.
  - Leave all jewelry, money, and any valuables at home so that we know that they will be safe. If you need to bring any jewelry, money, or valuables to surgery, let the staff know as soon as your arrive so that we can ask our security staff to hold onto it for you for safekeeping. The surgery center cannot assume responsibility for personal belongings that are brought to the surgery center.
  - You may brush your teeth and rinse your mouth the morning of surgery. Do not swallow any water or mouthwash.
  - The surgery schedule is finalized the day before surgery. You should hear from the *see next page*
- The items you will need to purchase are listed below with a check mark:**
- Forefoot Compression Sleeve \$25
  - Soft Splint \$20
  - HydroArmour Pads for scar care \$10
  - Shower protector \$35
  - Surgical Shoe
    - Insurance Covered
    - Not covered/ Medicare \$35

136 W. Vallette St. Suite 2, Elmhurst, IL 60126

(630)-834-3668

[www.elmhurstfootdoc.com](http://www.elmhurstfootdoc.com)

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Elmhurst Outpatient Surgery Center at 630-758-8800 the day before surgery. If the surgery center does not call by 2 p.m. the day before surgery, you may contact them.

- You should shower or bathe normally the night before or morning of surgery. Do not apply any lotions or perfume after that bath or shower. Follow any additional instructions that your doctor may provide to you.
- The morning of surgery, you should bring a list of all of your medicine including dosage and how often you take them. If it is easier, you may bring all of your medicine bottles so that the admitting nurse can gather a complete list of everything that you take. Include any vitamins or supplements. If you bring your bottles, the admitting nurse will ask your family to take the bottles home after he/she has recorded everything that you are taking.
- When you arrive at the surgical admitting department the morning of surgery, you will meet your pre-operative nurse who will settle you in and take care of you from that point forward.
- It is important to us that we control any pain that you experience. That does not mean that you will be pain free because at times you may experience some discomfort as we move you or begin your rehab process. If there is anything that we can do to make you more comfortable, please let us know. If you experience pain, it is important for you to work with your nurse to attend to the pain before it becomes severe.

**If you are experiencing any of the following symptoms, please call our office immediately:**

- Blood is soaking through your dressing
- Nausea
- Vomiting
- Fever
- Chills
- Pain not controlled by your medications
- Calf pain or swelling
- Shortness of breath
- Chest Pain

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I, \_\_\_\_\_, acknowledge that I have received pre operative and post operative instructions from Prairie Path Foot and Ankle Clinic and will comply with them to the best of my ability.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I, \_\_\_\_\_, understand it is my responsibility to obtain any pre-authorization, certification, or determination required by my insurance carrier 2 weeks prior to the scheduled date of my surgery.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Pre-operative Diagnosis code(s): \_\_\_\_\_

Surgical Code(s): \_\_\_\_\_