

Andrew Haskell, MD

patient guide



Foot & Ankle Pre Operative & Post Operative Surgery Instructions

PAMF San Carlos - Ortho

301 Industrial Road
San Carlos, CA 94070
Phone: (650) 596-4040
Nurse: (650) 614-3245 (Michelle)
After Hours: (650) 321-4121

PAMF Burlingame - Ortho

795 El Camino Avenue
Palo Alto, CA 94301
Phone: (650) 853-2951
Nurse: (650) 614-3245 (Michelle)
After Hours: (650) 321-4121

Foot & Ankle

Pre Operative & Post Operative Surgery Instructions

PREOP INSTRUCTIONS

Preoperative Instructions

1. You will get a phone call from the hospital or surgery center. If you don't hear from them by 3:00 PM the day before surgery, call them to confirm the time you should arrive there.
2. The time of your surgery may change depending on how the day goes or other patients' medical needs. Please try to be flexible.
3. Arrange to have someone accompany you home after surgery and stay with you overnight after surgery. You may not leave the hospital or surgery center alone.
4. **DON'T EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY**, including water, coffee, gum, mints, etc. You may brush your teeth and spit it out. Some medication is taken in the AM with a sip of water.
5. If having surgery on your knee/leg/ankle, please bring a pair of crutches. Crutches can be purchased from an orthopedic supply stores or a drug store. If you want information about renting a knee scooter, please Dr.Haskell's nurse at 650-614-3245.
6. Prepare to use ice packs or frozen peas.
7. Please call 650-596-4040 two to three days before your scheduled surgery to arrange a post-operative appointment if you have not already made one.
8. If you or any of your relatives have had: problems with anesthesia, bleeding/clotting disorders, blood clots, deep venous thrombosis (DVT), or pulmonary embolism (PE), please let us know.

Preoperative Medications

1. Do not take Aspirin, Motrin, naprosyn, Advil, Aleve, ibuprofen, diclofenac, nabumetone, Voltaren, indocin, Mobic or any anti-inflammatory medication (NSAID) for 7 days before surgery. Tylenol is OK.
2. If you take Plavix (clopidogrel) or Ticlid (ticlodipine), or have cardiac stents, please notify us.
3. If you take Coumadin, warfarin, or other blood thinners, or have previously taken these medications, please let us know as we may have to make arrangements to convert to a shorter acting blood thinner.
4. If you take Lasix, furosemide, hydrochlorothiazide, HCT, HCTZ or combination medications that include these medications, please notify us and do not take the morning of surgery.
5. If you have diabetes and take medication to control your blood sugars, please notify us and do not take oral diabetic medication the morning of surgery.
7. If you take medication for rheumatoid arthritis such as methotrexate, Enbrel, Humira, or Remicade, please notify us. We may need to have you taper from these with advice from your rheumatologist.
7. If you take prednisone or other oral steroid medication, please notify us. We may need to have you taper from these with advice from your internist/rheumatologist, or we may need to give you an extra dose during surgery.

Foot & Ankle

Pre Operative & Post Operative Surgery Instructions

PREOP RISKS

Risks of Surgery

Every surgery has the risk of developing complications during or after surgery.

You will have discussed specific risks related to the surgery that has been recommended with Dr. Haskell during your clinic visit. A list of these may include, but is not limited to:

- Infection
- Wound healing problems
- Bleeding (and rarely the need for blood transfusion)
- Damage to surrounding nerves - tendons - blood vessels
- Recurrence of the condition
- Stiffness
- Continued pain
- Failure to achieve desired results
- Nonunion of bone fracture or fusion
- Malunion of bone fracture or fusion
- Arthritis
- Hardware loosening, failure, or malpositioning
- The need for further surgery
- Development or recurrence of deformity
- General decline in your health or development of new medical conditions
- Deep venous thrombosis and/or pulmonary embolism with swelling of the leg(s) and/or difficulty breathing/shortness of breath.

You will have an opportunity to discuss the risks and potential complications of anesthesia with your anesthesiologists shortly before surgery.

Postoperatively, if you feel you are developing any of these conditions, please call Dr. Haskell's office (during working hours) or the clinic operator (after hours) immediately, or go into your local Urgent Care Clinic or Emergency Room.



Foot & Ankle

Pre Operative & Post Operative Surgery Instructions

POSTOP INSTRUCTIONS

Dressings:

1. Leave the bandages, boot, and/or split on until your return to see Dr. Haskell unless instructed otherwise. Some bleeding into the bandages is normal.
2. Keep bandages clean and dry. Call Dr. Haskell if the bandage gets wet.
3. No baths, hot-tubs, or swimming. No soaking the operated extremity.

Activity:

1. Use crutches or a walker as needed for comfort.
2. The nurse or Doctor Haskell will let you know if you can bear weight on your leg.
3. Move your knee and hip up and down many times during the day.
4. Elevate the knee and ankle above heart level as much as possible the first week.
5. Use an ice bag for 30 minutes at a time every 1-2 hours over the dressing if accessible, or place behind the knee to cool the blood traveling down to the ankle. Cover the skin with a thin towel so it does not freeze.

Medication:

1. Take pain medication as prescribed. Make sure to take with food or milk.

Diet:

1. Advance your diet slowly. Start with liquids and advance to solid food as tolerated. You should be able to return to a normal diet within 24 hours after surgery.

Follow-up Appointment:

- If you do not yet have a postoperative appointment, call Dr. Haskell's office (650) 853-2951 (Palo Alto) or (650) 596-4040 (San Carlos) to make a follow-up appointment with Dr. Haskell's physician assistant Sunaina Ganesh. If

unexpected issues or problems arise, call for a sooner appointment.

Additional instructions:

1. Limited swelling and bleeding is expected and the skin may appear bruised. If you have excessive pain, bleeding, or swelling, call Dr. Haskell's office.
2. You may have a slightly elevated temperature for a couple of days after surgery. If your temperature is over 101.5° or lasts over two days, call Dr. Haskell's office.
3. If you develop excessive swelling or pain in the calf or thigh, develop shortness of breath, or develop difficulty breathing, please go to urgent care, your local ER, or call Dr. Haskell's office immediately. This could be a sign of a blood clot in the legs or lungs, which can be dangerous or fatal.

For your safety:

- Do not drive, drink alcohol, use power tools or make any important decisions for 24 hours after your surgery.
- Arrange to have someone accompany you home and stay with you for 24 hours. You may not leave the surgical facility alone.
- When changing positions from lying to sitting to standing, do so slowly.

After 5pm you can reach the Ortho-pedic Surgeon on call at 650-321-4121

If you are unable to reach either your physician and feel that you need immediate advice please call Palo Alto Medical Clinic Urgent Care at 650-853-2958. Their hours are 7am to 9pm. Or you may call your local emergency department.

Foot & Ankle

Pre Operative & Post Operative Surgery Instructions

MEDICATION INSTRUCTIONS

Non-steroidal Anti-inflammatory Medication (NSAIDs) and Tylenol

Inflammation is a natural part of the body's reaction to injury, bringing needed healing factors and blood flow to the affected area. However, inflammation can also lead to prolonged swelling and unnecessary discomfort. NSAIDs decrease pain and reduce inflammation by blocking pathways in the body's inflammatory mechanisms allowing the body to continue the healing process.

1. Depending on your type of surgery and medical history, you may be prescribed ibuprofen (Advil, Motrin). Specific instructions will be provided with the prescription.
2. You may be recommended to take Acetaminophen (Tylenol). Don't take acetaminophen if you are also taking other medications that contain acetaminophen, such as Vicodin, Norco, Lortab, hydrocodone-APAP, or Percocet, but you can take them along with NSAIDs. Acetaminophen comes over-the-counter in 325mg and 500mg pills. Please take two 325mg or one to two 500mg over-the-counter tablet every 6 hours for 5-15 days.

WARNINGS & CONTRAINDICATIONS

Please read all package inserts for complete set of warnings and contraindications.

You should not take NSAIDs if you have a history of allergy or problems with NSAIDs or aspirin, history of GI ulcers, kidney or liver disease, bleeding disorder, drink alcohol regularly, or you may be pregnant. You should also not take NSAIDs if you are taking blood thinners, anti-platelet medication, or are taking aspirin for recent myocardial infarction or cardiac stent placement. If you have asthma, hypertension, or congestive heart failure, contact your primary care doctor to see if you can take NSAIDs.

NSAIDs work best if taken regularly for short periods of time. For instance, take them for 5-15 days around the time of an acute injury or flareup of a chronic injury. If you take them for longer than a month, please tell your primary care doctor, as blood tests and monitoring may be required.

If you develop stomach pain or heartburn you should stop taking this medication immediately. If the pain does not subside in 24 hours, you vomit or cough up blood, or you develop dark stools or rectal bleeding, you need to contact your primary care doctor, come to urgent care, or go to your local ER immediately.

You should not take acetaminophen if you have a history of allergy or problems with acetaminophen or a history of liver dysfunction, hepatitis, or drink alcohol regularly.

Narcotic pain medication:

Narcotics treat pain through a different mechanism and can be taken with NSAIDs if directed by your doctor. They may be needed after acute injuries or surgery, but generally are not good for chronic pain as the body develops a tolerance over time and they lose their effect. They also have more side effects such as nausea, itching, and constipation. Be sure to drink plenty of fluids and eat fiber such as fruits and vegetables, or supplements with products such as Metamucil.

If you are prescribed narcotic pain medication, you may want to consider these to prevent/treat constipation (don't take any medication to which you may be allergic):

- Docusate sodium (Colace) comes over the counter in 50mg or 100mg capsules. Please take one 100mg capsule twice daily. Stop taking them if you develop loose stools.

Foot & Ankle

Pre Operative & Post Operative Surgery Instructions

- if unable to have a bowel movement by the evening of day one to two, try
 - Magnesium hydroxide (Milk of Magnesia) comes over the counter. Take 30cc (2 tablespoons) of regular strength Milk of Magnesia before bedtime. Don't take more than once daily. Don't take if you have problems with your kidneys or kidney failure.
- if you still don't have a bowel movement on day three, try
 - Bisacodyl (Dulcolax) suppository comes over the counter in one size. Place one rectally no more than once a day. Don't take if you have a history of inflammatory bowel disease.
- if you still don't have a bowel movement, on day three, try

- Senokot comes over the counter in one size (8.6mg). Please take two to four tablets before bedtime.

—if you are still having trouble with constipation, call us, your primary care doctor's office, or consider coming to urgent care.

—If you are prescribed narcotic pain medication, you can call to have a nausea medication prescribed:

WARNINGS

Please read all package inserts for complete set of warnings and contraindications.

If at any time you develop **severe abdominal pain, rectal bleeding, or intractable nausea or vomiting**, contact your doctor's office immediately, come to urgent care, or go to your local emergency room as this could indicate a more serious condition.

CAST COVER

For Bathing, you may want to cover your dressings with a cast cover. We recommend that you sit down on a shower stool or hang the extremity over the side of the tub. Or, you may want to take sponge baths.

Cast covers can be purchased at CVS, Walgreens, Wal-mart, etc. or online at Amazon.com, Allegromedical.com, or Drycast.com.

