

# TIPS AND INFORMATION ABOUT YOUR FOOT SURGERY

**Please read this carefully, as it will answer most of your questions**

Believe it or not, the day of surgery will be the easiest day of all. It is normal and expected that you will be a little nervous. The experience of anesthesia, the operation, and the Operating Room can make anyone a little tense. Rest assured we will do whatever we can to reassure you and help you through it. We have done this thousands of times, so trust what we tell you. **We have 5 Golden Rules** that you must follow to give you the best possible result.

**Golden Rule #1: Never listen to anyone else other than your doctor.** There are many different operations for many different problems. In addition, doctors may do different operations for the same conditions. Don't listen to your wife, husband, mother father, pharmacist, co-workers, minister, teacher, or anyone else. Only Dr. Kashan or Dr. Carter.

**Golden Rule #2: Don't think you can do more than we told you because you don't feel anything.** Your foot will be numb for a while. This may be for a few hours or even a few days. Don't worry. The longer the numbness, the better! Numbness=No Pain!

**Golden Rule #3: Only take the pain medication if you have pain. Don't take it because you are afraid you may have pain later.** Medications are given for a reason. Anti-inflammation pills are intended to reduce swelling and soreness. Taking them as directed reduces pain. That means you may not even need to take any pain medication. Pain, if you have any, will come on gradually. You will have plenty of time to take the pain medication if you need it. Also, pain medication may make you nauseous and constipated, not a good combination.

**Golden Rule #4. The more you do after surgery, the longer it will take to heal.** Some people think that they feel so good they can start doing things. Wrong! Doing too much will cause you to slow the healing process, not reduce it. It will also put you at additional risk of infections and complications.

**Golden Rule #5: If the doctor didn't tell you about it, then don't do it.** That eliminates a lot of questions. The doctor will tell you what you can do as we see you after surgery. If we didn't tell you, then you can't do it.

## **Other Tips:**

**Bathing:** Not being able to bathe is one of the things people mind the most. Try and take sponge baths the first few days. Then, use your imagination, as long as you do not get the bandages wet! Some people wrap a plastic bag on their foot. If you do this, use a large Hefty type bag that comes up high. Use 2 of them (one always leaks). Keep your surgical foot away from the water and wash up quickly. Other patients prefer getting into a dry bathtub, keeping their foot up over the side, and filling the tub up a few inches. Interesting!

## **Appointments after surgery are USUALLY as follows:**

- One week post op to change bandages.
- Two weeks post op to remove stitches
- Four weeks post op to begin exercises, therapy, and possibly begin a soft, men's tennis shoe. You will not be able to wear your regular shoe for at least 2 months. Therefore, after 1 month, you will have to buy or borrow a men's tennis shoe that will fit you. Women: Do not expect to wear dress shoes/heels for 4-6 months!
- Six weeks post op to check on the surgery, shoes, and progress.
- Eight weeks post op to check on the surgery, shoes, and progress.
- Sometimes there may be additional appointment for a 3<sup>rd</sup> month or longer, depending on the surgery.

**Healing time:** Generally, most people do well in 6-8 weeks depending on the operation. If it takes longer, don't worry. Everyone does a little differently. What activities you can do is determined by your doctor and how you are progressing.

**Back to work:** Returning to work varies on the type of work you do. Sitting down at a desk takes less time to return to than standing on concrete floors in safety shoes for 12-hour shifts. You may be out from a few weeks to a few months.

This information is intended for you to refer to so you know what to expect. Although the Dr. Kashan and Dr. Carter spend time reviewing the operation, recuperation, and all of these things, many people forget due to the stress and amount of information. Refer to this form when you have a question. If you still have questions, call and ask. Our main concern is to help you in any way we can and make your recuperation as easy as possible. If there is anything we can do for you, please let us know. We appreciate your comments and suggestions.