MEDICAL COLLEGE OF WISCONSIN

Richard M. Marks,M.D., FACS
Professor, Orthopaedic Surgery
Director, Division of Foot/Ankle Surgery
Department of Orthopaedic Surgery

Pre-Operative Preparation

Insurance

The department of Orthopaedics will contact your insurance company to preauthorize your surgery; however, it is your responsibility to check your out-of-pocket costs such as co-pays, deductibles, or out-of network charges. If estimates are needed, you may contact 414-805-7072.

Crutches and Walkers

1. Crutches and/or a walker will be required post-operatively for you to comply with your weight-bearing restrictions. Prior to surgery, a referral to see a physical therapist will be provided for instructional use of crutches or walkers. This appointment typically takes 15 minutes. For your convenience, you may see a PT within the Orthopaedic clinic the same day you complete your surgical paperwork or you may see a PT closer to home. This is strongly recommended as it will prevent delays in the discharge process after surgery, afford you an opportunity to practice prior to surgery, and best guarantee compliance with protected weightbearing, which is important to the success of your surgery. Crutches or a walker will be dispensed at this appointment. A knee-walker may also be utilized and may be obtained through a medical supply company of your choice or found on-line. Please call our nurse (Mary Seeger) at 414-805-7442 to obtain an order if needed.
2. Please bring your crutches or walker on the day of your surgery.

In-home considerations

1. Arrange to have someone to assist you as necessary at home immediately after surgery.
2. Devices that may assist you during your post-operative recovery may include:
   - Shower chair
   - Raised toilet seat
   - Bedside commode
   - Shower bags for casts can be purchased at your local pharmacy.

Prescriptions for these devices may be obtained through our nurse (Mary Seeger) at 414-805-7442.

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Home Medications

Your current medications should be reviewed at your pre-operative physical; performed at our Pre-Admission Testing clinic or by your primary care physician.

***STOP** the following medications 7 days prior to surgery:

1. Aspirin – unless told differently by your physician or Cardiologist (patients with cardiac stents, carotid stents or coronary artery disease do **not** stop aspirin prior to surgery)
2. Anti-inflammatories (eg. Aleve, Motrin, Advil, Ibuprofen)
3. All herbal medications
4. Vitamin E
5. Multivitamins

*If you are a rheumatoid arthritis patient, it may be necessary to stop several medications 2 weeks prior to surgery. You will need to coordinate this with your rheumatologist.

*If you have any type of fusion or screws placed during your surgery, you should avoid all anti-inflammatories for six weeks after surgery.

Please call the nurse at 414-805-7442 if you develop any cold or flu symptoms prior to surgery.

NIGHT BEFORE SURGERY

DO NOT EAT OR DRINK anything after midnight. This includes, gum, mints, hard candy, tea, coffee, and water.

MORNING OF SURGERY

1. Do **NOT** use tobacco
2. Removal of all body piercings
3. Leave all valuables at home
4. Remove all nail polish
5. Do **NOT** wear make-up
6. Wear comfortable clothes with wide leg openings
7. Bring your post-op shoe if provided
8. Bring a case for your glasses or contacts

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SURGERY ARRIVAL TIMES:

- **Froedtert Pavillion** – The hospital will call you the day before surgery between 3:00 -7:00 pm. If they have not contacted you by 7 pm, you may call 414-805-3285

- **Froedtert Surgery Center** – The hospital will call you on the Friday before your surgery. If they have not contacted you by Friday evening, please call 414-805-9500 Monday morning for your arrival time.

- **St. Mary's Ozaukee** – The hospital will call you on the Friday before your surgery. If they have not contacted you by Friday evening, please call 262-243-6777 Monday morning for your arrival time.

AFTER SURGERY

1. You must have a responsible adult drive you home and stay with you for 24 hours after surgery.
2. You need to keep your operative foot elevated above your heart level as much as possible until your first post-op appointment.
3. You must comply with your weight-bearing restrictions.
4. You must keep your dressings or splint dry and intact.
5. Make sure to take your pain medications before the blocks wears off. When the blocking is wearing off, you may experience a dull ache, tingling, or heaviness in the foot. If you wait too long, it may be hard to keep ahead of the pain.
6. Take your pain medications in a timely manner for the first 3-4 days after surgery if needed. Keeping a medication log with the time pills are taken may be helpful.
7. Please arrive for your first post-op appointment 45 minutes early, to allow for your dressing removal and x-rays.

FORMS

If short-term disability or FMLA paperwork is needed, please fill out the enclosed blue sheet and attach the required paperwork. All forms will be back date to the date of surgery. Please forward the paperwork to us via one of the following methods:

1. Mail: Dawn Romagna
   Orthopaedic Surgery, 5th floor Specialty Clinic
   9200 W Wisconsin Ave
   Milwaukee, WI 53226
2. Fax to 414-805-7499, Attention Dawn
3. Hand delivered to clinic front desk