

West Coast Foot & Ankle

Associates Inc

Troy R. Leaming, DPM

Kazuto H. Augustus, DPM

PRE-OPERATIVE INSTRUCTIONS

1. Take the doctor's order sheet to the hospital, and get pre-admitted.
2. Fill your prescription prior to the day of surgery.
3. Make an appointment one week prior to surgery with your primary care physician, to read lab work for a history and physical and have them fax history and physical to our office when complete.
4. Have someone drive you to and from the hospital. You will not be able to drive yourself following the surgery.
5. Do not eat or drink anything after midnight before the day of surgery.
6. Arrive at the hospital approximately one and a half hours prior to the scheduled surgery time.

6552 BOLSA AVE., STE H
HUNTINGTON BEACH, CA 92647
OFFICE 714.897.9551
FAX 714.897.893.6519

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OFFICE 562.986.6886
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POST-OPERATIVE INSTRUCTIONS

1. Take your pain pill upon arriving at home, and take one/two every four hours for the next three days. Do not wait until the pain sets in.
2. Elevate your feet above heart level. If you need to walk, only walk five-ten minutes per hour. (you may use the restroom or fix something to eat). For at least the first three days following surgery, you should be sitting with your feet elevated. Do not let your feet dangle, as this will cause swelling, which increases pain and slows down healing.
3. If you feel pulsations or pain in your feet, you may place ice on your ankle for 30 –minute periods. This will alleviate some pain and swelling.
4. Do not walk without the surgical shoes unless your doctor has specified that you may. If you do walk without the shoes, you may cause harm to the surgical correction that was just achieved.
5. Do not shower while you have bandages on your feet. You may buy shower protectors at stores such as Savon or Rite Aid. However, make sure that the protector does not leak. If the bandage gets wet, you increase your risk of infection.
6. If you have any trauma/bump to your surgical foot at any time, you need to notify your doctor, and schedule an early appointment.
7. The typical follow-up appointments following surgery are weekly for four weeks, then every other week.
8. Please call the doctor if you have any questions.

I have read the above post-operative instructions, and understand them.

Patient Name: _____ Date: _____

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