

# General Pre-Operative and Post-Operative Instructions



## Pre-Operative Hygiene Instructions:

- The day before your procedure:
  - Scrub your feet 3 times with soap, use a washcloth, and be vigorous.
  - Trim toenails and clean under toenails. Scrub them with a firm brush (an old toothbrush will work nicely).
- Bathe or shower the morning of or the evening before your procedure.

## General Pre-Operative Information:

- Do not eat or drink anything after midnight before your procedure.
- Dress comfortably the day of surgery.
- Arrange for transportation on the day of surgery. Do not drive yourself. You must bring a responsible adult with you to drive you home the day of your procedure.

## General Post-Operative Information:

- Do not sign any legal papers or make any legal decisions for 48 hours after surgery.
- Do not drink anything containing alcohol for at least 48 hours after surgery or while taking any pain medication.
- It is illegal to drive or operate machinery while in any surgical shoe, cast, splint, or CAM walker boot.
- Ice/Cryotherapy:
  - Ice may be applied behind the knee to cool the blood going to the foot and ankle.
  - Do not apply either the ice packs or cooling device directly to your skin.
- Surgical Dressing:
  - If pain/pressure persists in the foot and ankle, you may remove the outer Ace bandage, then reapply more loosely over the sterile gauze dressing.
  - Keep dressing, splint, or cast clean and dry until your follow-up appointment.
  - Call the office immediately if the dressing gets wet.
- Normal Symptoms and Findings After Surgery:
  - Pain is normal.
  - Bloody drainage and limited areas of numbness may be present around incisions.
  - Bruising and swelling in the toes may occur.
  - Low grade temperature (less than 100.5 degrees F) is common after surgery.
  - Deep breathing exercises are helpful.
- Call the Office Immediately if You Notice Any of the Following:
  - Fever of greater than 101 degrees F and/or chills.
  - Persistent uncomfortable warmth or redness around the dressing.
  - Pain, redness, or swelling in one or both legs.
  - Chest pain, calf pain, shortness of breath, or coughing.
  - Persistent unbearable pain.
  - Nausea and/or vomiting.

The information above covers basic pre-operative and post-operative instructions and guidelines. Please call the office if you do not understand any of these instructions, need clarification, or have any questions or concerns. During business hours, please call (847) 390-7666. An answering service is available 24/7.

## Contact:

Surgical Scheduler/Medical Assistant:  
Mariela Serrano  
(847) 390-7666, mariela.serrano@weil4feet.com

## Surgical Facilities:

- **Advocate Lutheran General Hospital**  
1775 Dempster St, Park Ridge, IL 60068
- **Elmhurst Hospital**  
155 E Brush Hill Rd, Elmhurst, IL 60126
- **Greater Chicago Center for Advanced Chicago**  
999 E Touhy Ave suite 350, Des Plaines, IL 60018
- **Illinois Bone & Spine Institute**  
300 W Butterfield Rd., Ste 105, Elmhurst, IL 60126
- **North Suburban Pain and Spine Surgery Center**  
9700 Golf Road, Des Plaines, IL 60016

*Please note that instructions are provided for patients of Dr. Hook. Always consult your Board-Certified Podiatrist before making any decisions/changes to your care plan as each patient's situation is unique.*