



Nile Orthopedic

Nile Orthopedic and Rehabilitation Association, Inc.

4343 Market Street, Suite B, Riverside, CA 92507

25915 Barton Rd, Suite 204, Loma Linda CA 92354

10165 Foothill Blvd, Suite 26, Rancho Cucamonga, CA 91730

Email: info@NileOrtho.com Website: www.NileOrtho.com

Office: (909) 233-7823 Fax: (909) 295-6075

Pre/post-operative instructions
Mid-foot and ankle

Before surgery:

- **Notify** your surgeon about **All** your medical conditions and medications specially:
 - Blood thinner medication (Aspirin, Coumadin, warfarin, Xeralto, Plavix...etc.)
 - Steroid medications
 - Anti- Rheumatoid medications
 - Diabetes
 - Pain medications
 - Alcohol or any substance abuse

- Stop anti-inflammatory medication 1 week before surgery as they increase bleeding and interfere with bone healing

- Anti- Rheumatoid medications need to be stopped at least 2 weeks before surgery

- Be healthy (start now and for at least 3 months after surgery)
 - No smoking at least 6 weeks before elective surgery (Smoking is the most important modifiable factor that affect wound and bone healing)
 - If you have Diabetes A1c must be less than 7
 - Take Vitamin C 500mg 2x/day
 - Take Vitamin D3 1.200 IU/day
 - Take Calcium 1200mg/ day
 - Take Multivitamin with zinc
 - Eat healthy diet and drink plenty of non-alcoholic and non-caffeinated drinks

Day Before Surgery:

- Please do not eat or drink anything (not even water) after midnight on the night before surgery.
- You may take your usual medications on the night before surgery and on the morning of surgery with a small sip of water.

Surgery Day:

- **Do NOT wear jewelry or any kind of Nail polish / covering.**

- It is better to have someone (family/friend) with you. Anesthesia can cancel your surgery if you don't have a ride arranged after surgery.

- Do Not bring any valuables with you

Surgical site care:

- Do **NOT** put any weight on the operative leg until instructed by your doctor (Use crutches, scooter or wheelchair)



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➤ Dressing

- Don't get the dressing/splint wet
- If you have a cast: Shower cast covers are available in pharmacies
- Call the office if you get the dressing/splint accidentally wet immediately
- Normal to have some bloody drainage through the dressing
- The surgical site may be numb after surgery (normal)
- No driving until cleared by your surgeon.
- No driving if you are taking pain medication

Medication:

- Begin taking pain medication as instructed on the bottle as soon as the you start feeling pain (don't wait till the pain is severe otherwise you will not be able to control the pain)
- Take pain medicine with food to avoid nausea and never take with alcohol
- After the first few days try to reduce the amount of pain medication taken
- No driving or operating machinery while taking pain medication as they cause drowsiness
- Pain medicines cause constipation. If needed take over the counter laxative (milk of magnesia or magnesium citrate) or docusate sodium stool softener
- If the prescription pain medicine isn't strong enough, it is ok to take NSAID like Motrin or Advil with it for a few doses (**avoid Tylenol** as it is already contained in most of narcotic pain medication)

Problems: Call the office at (909)233-7823 if you have:

(If the office is closed or no response go to the **Emergency Room**)

- Fever greater than 101.5
- Excessive bleeding (remember some bleeding on the splint/dressing is normal)
- Excessive redness or swelling
- Calf pain that feels like a muscle cramp
- Foul odor
- Splint gets wet
- Uncontrolled severe pain

Post-operative appointment:

- Please call the office the day of the surgery or the following day to confirm your appointment
- Usually the 1st post-operative appointment is in 10 to 14 days after the surgery