

Page	Table of Contents
1	BEFORE THE SURGERY
2	DAY OF SURGERY
4	AFTER THE SURGERY
5	POTENTIAL RISKS AND COMPLICATIONS
7	PATIENT EDUCATION & RESOURCES

**IF YOU DEVELOP ANY OF THESE SYMPTOMS
 CALL 911 OR GO TO YOUR NEAREST EMERGENCY DEPARTMENT**

- | | |
|---|--|
| <ul style="list-style-type: none"> • Chest Pain • Shortness of Breath • Loss of Consciousness • Blurred Vision or Disoriented Speech • Sudden weakness of the body/face • Confusion | <ul style="list-style-type: none"> • Excessive Bleeding • Consistent Fever, Chills, Sweats • Foul smell from surgical site • Increasing redness around surgical site • Severe pain not controlled with elevation of the limb and medications. |
|---|--|

BEFORE THE SURGERY

WHAT TO EXPECT IF YOU HAVE A PRE-OPERATIVE VISIT

- Bring all medications in original containers.
- You will be interviewed by an Internist or Anesthesiologist.
- Ask about which medications to take before surgery.
- Vitals, medical history, blood work, X-rays, or ECG may be done at this visit.
- Important to tell the Surgeon, Internist and Anesthesiologist
 - If you are taking blood thinners
 - If you or a family member have malignant hyperthermia
 - Abnormal reactions to previous anesthesia
 - Allergies and medical history
- If you are on blood thinners you need to see a Hematologist before surgery

TIPS FROM YOUR SURGEON

- If you want to change your surgery, contact the office as soon as possible.
- Confirm date and time of surgery.
- Stop smoking, attain a healthy weight and exercise daily.
- It is mandatory that someone be with you at least 24 hours after surgery.
- Ask for assistance from family and friends.
- Arrange a ride to and from the surgical facility.
- No driving if your surgery is on the lower extremity.
- Tell your employer well in advance about your upcoming surgery.
- Have dental work done prior to surgery.
- Learn about your surgery.
- Prepare your home for easy access to food, water and washroom.

- Tidy up your home, remove rugs and cables that could cause a fall.
- Make yourself a “recovery room” at home.
- Prepare frozen microwaveable meals.
- Post-surgical equipment you may need.
 - Cold therapy unit
 - Post-surgical sandal (Darco Medsurg)
 - Post-surgical boot (Tall, Short or Articulated)
 - Rolling knee walker, crutches, standard walker, wheelchair
 - Foam bed wedge
 - Shower stool, shower dressing cover
 - Wound care supplies

DAY OF SURGERY

EATING AND DRINKING BEFORE SURGERY

- Do not eat or drink from midnight before the surgery if you are receiving a general anesthetic or spinal anesthetic.
- You may take your medications with sips of clear fluids.
- Take only the medications instructed by your physician.
- If you have any questions about which medications to take, contact the office.

WHAT TO EXPECT AT THE SURGICAL CENTRE

- Arrive at the surgical centre at least 45 minutes in advance of your procedure.
- Staff will give you instructions.
- Your personal belongings can be placed in a bag and kept in a secure place.
- Staff will ask questions about your medical history and check your health.
- Please mark the word “YES” on the body part that is having the procedure.
- The surgeon will confirm the consent with you and initial the site of surgery.

WHAT TO EXPECT IN THE OPERATING ROOM

- The operating room is cold; you may be covered with blankets.
- You will be asked to confirm your identity and consent.
- You will receive your chosen anaesthetic.
- Your limb will be sterilized and draped for the procedure.
- A tourniquet maybe applied around your extremity to control bleeding.
- If surgery is done with a local anaesthetic, you may hear people working.
- A drain maybe inserted to the surgical site.
- A cast or splint maybe applied to the extremity to stabilize the reconstruction.
- Do not touch anything in the operating room.

WHAT TO EXPECT IN THE RECOVERY ROOM

- Sore throat is common if you received a general anesthetic.
- Pain maybe present, and we will do everything possible to control your pain.
- Nausea, vomiting, confusion can sometimes occur as well.
- Tooth damage can happen during airway management with a general anesthetic.
- Medical aids will be monitoring your health and given you instructions.
- You will go home when your pain is well managed and you are moving safely.

AFTER THE SURGERY

CAST / SPLINT / WOUND CARE / DRAIN

- Elevate the limb, keep the dressings clean and dry.
- Do not remove dressings or splints until your scheduled visit.
- Do not insert anything into your Cast / Splint / Dressing / Drain.
- If you have a drain, follow the surgeon's instructions.

THINGS YOU CAN DO TO HELP YOURSELF AFTER SURGERY

- Stop smoking.
- Take 10 big deep breaths and cough every hour.
- Get up and move with the assistance of a walking aid.
- Moves your digits and limbs as often as possible – per the surgeon's instructions.
- Change your position in bed frequently to prevent pressure sores.
- Apply cooling unit to surgical site to decrease swelling.
- Take pain medications before your post-op visits, for wound care & suture removal.
- Take your antibiotics as instructed by your physician to minimize infection.

POTENTIAL RISKS & COMPLICATIONS OF SURGERY

No surgery is risk free. Understanding the possible risks & complications can help you make an informed decision. These are some of the potential risks and complications of surgery. Please take the time to review them, and if you have any questions, we are here to help you make an informed decision.

Medical / Anaesthetic

- Death
- Stroke
- Deep Vein Thrombosis
- Pulmonary Embolism
- Cardiac Arrest
- Cardiac Arrhythmia
- Respiratory Arrest
- Allergic Reaction
- Tooth Damage
- Malignant Hyperthermia
- Urinary Retention
- Organ Failure
- Nerve Damage

Immediate Post Operative

- Pain
- Bleeding / Bruising
- Swelling
- Nausea / Vomiting
- Sore Throat
- Shivering / Chills / Fever
- Confusion / Headache
- Dizziness
- Worsening of current conditions
- Constipation

GENERAL RISKS & COMPLICATIONS

- Recurrence of Problem
- Worsening of Problem
- Revision Surgery Required
- Growth Disturbance
- Chronic Pain Syndrome
- Infection

POTENTIAL RISKS & COMPLICATIONS OF ORTHOPAEDIC SURGERY

Bone

- Infection
- Mal-union
- Delayed Union
- Non-union
- Osteopenia
- Fracture
- Avascular Necrosis

Muscle / Tendon / Skin

- Infection
- Compartment Syndrome
- Discoloration
- Swelling
- Scaring / Keloid
- Temperature Difference
- Functional Loss
- Atrophy, Weakness
- Lack of Coordination

Joint

- Infection
- Stiffness
- Arthritis
- Arthropathy
- Chronic Pain
- Dislocation / Instability

Nerves

- Chronic Pain
- Numbness
- Neuropathy
- Paralysis

Vascular

- Limb / Appendage Loss
- Infection
- Varicose Veins
- Swelling
- Discoloration

Implants

- Infection
- Prominence
- Failure
- Impingement
- Allergic Reaction
- Wear

Human Error

- Nurses
- Physicians
- Physician Assistants
- Medical Assistants
- Therapists
- Pharmacists
- Administration
- Hospital Employees
- Wrong Side Surgery
- Anaesthesia Awareness

PATIENT EDUCATION & RESOURCES

RECOMMENDED WEBSITES

- Ortho Connect - www.ORTHOCONNECT.org
- Orthopaedic Connection - www.ORTHOINFO.org
- Foot Health Facts - www.FootHealthFacts.org
- Foot Care MD - www.AOFAS.org/FootCareMD
- Foot Education - www.FootEducation.com
- Canadian Orthopaedic Association - www.COA-ACO.org
- American Orthopaedic Foot & Ankle Society - www.AOFAS.org
- American Academy of Orthopaedic Surgeons - www.AAOS.org

More resources available at www.DrAlex.ca, click on Resources

RECOMMENDED ACCESSORIES

Available at the "Hamilton Foot Clinic"

www.HamiltonFootClinic.com

- **Cold Therapy Unit** (Ossur Cold Rush, Game Ready)
- **Mobility Aids** (Knee Walker, iWalk, Crutches)
- **Post-Surgical Boots** (MedSurg, Aircast Boot)
- **Bone Stimulator**
- **Compression Therapy** (Socks, Stocking, Sleeves)
- **Foam Wedge** (Elevate your limb after surgery)
- **Shower Aids** (Bath Stool, Waterproof Sleeve, etc.)
- **Wound Care Kits** (Antiseptic, Dressings, Wraps, etc.)

RECOMMENDED SERVICES

- Physiotherapy
- Massage Therapy
- Shockwave Therapy
- Acupuncture
- Ultrasound Therapy
- Class 4 Laser Therapy
- TENS
- Sustained Acoustic Medicine