



LYNETTE M. MAHONEY, DPM

PODIATRIC FOOT AND ANKLE SURGEON

PREPARING FOR YOUR SURGERY

MEDICAL EVALUATION

Hospitals / surgery centers may require a pre-surgical clearance visit by your family doctor and cardiologist (if you have one), based on your age and medical history. Dr. Mahoney's team will inform you if you require any medical clearance, blood tests or an EKG. If required, these must be done within 30 days of your surgery (not any earlier).

CURRENT MEDICATIONS AND SUPPLEMENTS

Make sure your surgeon has a complete list of your medications, supplements, prescriptions, over-the-counter medications, vitamins, and minerals.

ALLERGIES

Make sure your surgeon has a complete list of your allergies to medications, latex, soaps, creams, adhesives, etc.

STOP SMOKING

Stop smoking if you are a smoker; this is the perfect time to give up the habit. In addition to decreasing breathing capacity and causing other harmful effects, smoking constricts the blood vessels and therefore delays wound and bone healing after surgery. Smoking increases your risk of infection and complications.

NAIL POLISH REMOVAL

You may leave your current nail polish on unless instructed otherwise. Do not obtain a pedicure within two weeks of surgery.

ANESTHESIA

Your surgical procedure will take place at a hospital or surgery center. Anesthesia will be used and administered by an anesthesiologist, and will either be a twilight (IV Sedation) or a general (breathing tube) anesthetic depending on the surgery.

WEIGHT BEARING RESTRICTIONS

Following your surgery, you may or may not be required to keep your weight off of the ankle/ foot that was operated on. There are three different types of weight bearing

- *Non-weight bearing:* No weight can be placed on the operated ankle/ foot. An assistive device such as crutches, walker, knee scooter, or wheelchair will be necessary.
- *Partial-weight bearing:* You can place a portion of your weight on the operated ankle/ foot. Crutches, a cane, or walker will be necessary.
- *Full-weight bearing:* You can place all of your weight on the operated ankle/ foot ONLY while wearing the surgical shoe or boot that was applied.

ASSISTIVE WALKING DEVICES

Several devices are available to assist your weight bearing restrictions. Crutches and walkers are the most common. An additional aide is a knee scooter. You can be provided with an order that can be taken to a medical supply company who may attempt to have your insurance pay for the scooter. Many patients purchase knee scooters online, or obtain one from a lending closet, etc.

POST-SURGICAL DRESSINGS

After your surgery, you will have sterile dressings applied. The bandages serve several purposes: holding the foot/ toes in a certain position, protecting your incision from infection, and providing compression. Bandages are NOT to be removed unless directed. Typically we will see you approximately 5-10 days after your surgery for your first bandage change. In the event that you have excessive bleeding through the dressings, or your bandages get wet accidentally, please notify our office immediately. You can call our main number at any hour: 847-285-4200.

LENGTH OF HEALING

Length of healing time varies from person to person and from procedure to procedure. Most foot and ankle procedures will take a full year to recover fully. Swelling can take six months to a year to completely resolve. Numbness or tingling sensations can also take up to year to recover. Most procedures will have you functioning at a good level by about three to four months.