



## DR. SCOTT O'CONNOR

Fellow, American College of Foot & Ankle Surgery  
 Diplomate, American Board of Podiatric Surgeons  
 Certified in Foot, Reconstructive Rearfoot/Ankle Surgery

### About Your Surgery

<p>It is very important that you read and follow these instructions. You will read about getting ready for your surgery and what to do on the day of your surgery. This will help you and your family prepare for your surgery. If you still have questions about your surgery, call your surgeon's office.</p> <p><b>Pre-surgery preparation</b>        The pre-surgery preparation process begins at your surgeon's office. If you need labs and an ECG before surgery, your surgeon will arrange for these. You will fill out the pre-surgery questionnaire at your surgeon's office. On the pre-surgery questionnaire you tell us about your health and tell us how you can be reached 1 to 2 days before your surgery for a telephone interview. During the telephone interview a pre-admission nurse will review the questionnaire with you, ask some additional questions, and tell you about anesthesia and what you should expect at the ASC. For your convenience, this is all done over the phone.</p>	<p><b>Before your surgery:</b>  <i>Make arrangements:</i>        Arrange for an escort home. You are going home the same day of your surgery and you must have a reliable adult take you home. Arrange for someone to stay with you for the first 24 hours. Prepare your home for your return after surgery. Have shopping and laundry done. Prepare some meals ahead of time. Plan for car rides, as you may not be able to drive for a while. If you have small children, dependent adults or animals that you care for, arrange to have someone help you watch them during the first few days after surgery.</p> <p><b>On the business day before your surgery:</b>        The surgical facility will contact you in the afternoon typically to verify details of surgery, arrival and what to do or not to do.  <i>The evening before your surgery:</i> It is very important that you are rested before your surgery, try to sleep.</p>
<p><b>Day of surgery:</b>        Remember, do not eat or drink anything unless you were given different instructions.</p> <p><i>Medication:</i> If you have been instructed to take any medication take it with a small sip of water. Typically medications for High Blood pressure or seizures (not water pills). If you were told to bring medications to the ASC bring them with you.</p> <p><i>Getting dressed:</i> Wear loose comfortable clothing Do not wear any jewelry. This includes wedding rings, earrings and any other body piercing. All jewelry must be removed prior to surgery. Do not wear nail polish, hair spray, body lotion, perfume or make up. <b><u>Remove toenail polish.</u></b></p> <p><b>Diet instructions: Do not eat or drink after midnight</b> unless otherwise instructed. This includes food, all liquids, hard candy, gum or mints. Some people are given instructions that allow them to drink clear liquids (water, apple or cranberry juice – NO ORANGE JUICE, black coffee or black tea –NO CREAM, CREAMER OR MILK, and carbonated beverages) up until 8 hours before their scheduled surgery. Please follow your instructions about eating and drinking. Otherwise, your surgery may be cancelled.</p>	<p><b>Getting ready:</b>        Do not bring valuables to the ASC. Bring your glasses and a case for storing them. You will not be able to wear contact lenses during surgery. Bring your dentures or hearing aides and cases for storing them. You may bring a book or a magazine to read before you go into surgery. Plan to arrive at the ASC at the time you were instructed to.</p> <p><b>After your Surgery:</b>        Immediately following your surgery, you will be taken to a Post Anesthesia Care Unit (PACU). A nurse will care for you until the effects of the anesthesia wear off. You may have an intravenous line. This is to give you fluids and medication until you are ready to take them by mouth. The recovery area is large, bright and cool. If you feel cold ask for a warm blanket. Expect to have pain after surgery. Your nurse will ask you to rate your pain on a scale of 0 – 10 (0 is no pain and 10 is the worst pain). This rating is used to give you pain medication.</p>
<p><b>Leaving the ASC:</b>        Your nurse will give you instructions before you go home. You may also have instructions from your surgeon. Your nurse will review the instructions with you and your escort or family member and give you a written copy.</p> <p><i>For your pain:</i>        You may get a prescription for pain medication from your surgeon to be filled or called in to your pharmacy of choice. Do not drive while taking prescription pain medication. Do not drink alcohol while taking prescription pain medication.</p> <p><i>Getting home:</i>        You must have a reliable adult escort you home. Arrange for someone to stay with you the first 24 hours after surgery. You may need help around the house or with getting your prescriptions filled. Do not drive for 24 hours after anesthesia. A nurse will call you the next day to check on you.</p>	<p><b>In preparation for your surgery</b>  <i>If you smoke: Try to stop smoking.</i>        You will not be able to smoke while in the ASC. If you would like help with trying to stop smoking call your primary physician.</p> <p><b>Important phone numbers:</b>  <i>For questions before your admission:</i>        Bloomington-Normal Surgery Center - (309) 434-4000.        St. James Hospital Surgery – (815) 842-2828.        St. Joseph Hospital (not Eastland) – (309) 661-5000.        Eureka Community Hospital – (309) 467-2371.</p> <p><i>We hope this information has been helpful.        If you have any questions or concerns, please call Dr. O'Connor's office.</i></p>