

Foot / Ankle Procedures:

Clothing: wear something stretchy like jogging pants or shorts , they need to be loose enough to go over your surgical site. Refrain from wearing blue jeans or boots.

Prep: Scrub area from toes to groin on the surgical side with any kind of antibacterial soap for 4-5 minutes the morning of your procedure, pay special attention to cleaning under the toe nails.

No Nail polish

Do not shave your leg for 24 hours before your surgery.

Do not shave the surgical site, we will do it in the OR if needed.

You may have splint / cast / ace wrap /cam boot we will provide typed instructions post op.

If you need crutches/walker we can provide them, if you have crutches from any prior surgeries please put them in your vehicle we may ask to bring them in to be sure they fit you appropriately.

We suggest putting 2-3 pillows in your vehicle to keep your surgical site elevated during the drive home.