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GENERAL FOOT SURGERY INFORMATION

Usually foot surgery is done on an outpatient basis. Minor procedures are performed in the office.

Where is the surgery performed?

Foot surgery is usually done at one of the surgery centers.

What type of anesthesia is used?

Usually with foot surgery, IV sedation and local anesthesia are used. This is referred to as Monitored Anesthesia Care (MAC). Occasionally, general anesthesia is required.

How long do most foot surgeries take?

Surgery usually takes 1-2 hours.

What type of dressing will be used on my foot afterwards?

Most of the time, a big soft bandage is used along with a post-operative shoe. Sometimes a cast is required depending on the type of foot surgery performed.

When can I get the foot wet?

The patient can get the foot wet after the sutures and/or pins are removed in two to four weeks. We have a device that protects the foot from getting wet called a Shower Shield.

Can I put weight on my foot?

Weight bearing depends on the type of surgery performed. It is recommended that the patient use crutches or a walker for support after surgery for several weeks.

When can I go back to work?

It depends on a person's job. If the patient's job is a bookkeeper where they can sit at a desk with their foot elevated, they may be able to go back to work in 1-2 weeks. If the person has a job as a waitress, it may take 6-8 weeks before that person can return to work.

Can I expect much pain?

Everyone is different. Most patients do very well. Elevating the foot, staying off the foot, and

pain medication all helps.

When can I get back into a regular shoe?

That would depend on the type of foot surgery performed and the type of shoe, but it can be anywhere from 2-8 weeks.

When can I drive?

If the patient had right foot surgery, we don't allow patient to drive with a post-op shoe on the right foot because it is clumsy. You may drive in about 4 weeks if you can get a sandal on and push on the brakes without hesitation. Practice in your driveway. Use common sense.

Is the surgery covered by insurance?

Foot surgery is usually covered by insurance. Our office will call your insurance company to verify coverage and benefits. Insurance companies do not guarantee coverage, benefits or payment. You can call the surgery center to find out their fees.

How much lead time does your office require to set up a surgery? It usually takes several weeks to set up the surgery depending on the schedule.

How do we set up the surgery? Once you decide to have surgery, a date is chosen and we work backwards from that date. We set up a pre-op visit where we go over consent and instruction forms. We also set up your postoperative visits.

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