



*Adam D Perler, DPM, FACFAS*  
Podiatric Medicine  
Foot and Ankle Reconstructive Surgery



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*The skill, experience  
and advanced  
solutions to put you  
back on your feet.*

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Advanced Reconstructive  
Surgery of the Foot and  
Ankle

Trauma of the Foot and  
Ankle

Sports Medicine of the Foot  
and Ankle

I would personally like to thank you at this time for choosing us as the surgical team for your foot and ankle. We understand that the decision to have surgery is often difficult and that this event will have a major impact on you in the period surrounding your recovery. While there is no such thing as a "risk free" procedure, we strive to do everything possible to ensure that your experience with us is pleasant one and that you feel comfortable with your decision to pursue surgical intervention with us. While no surgeon can guarantee surgical outcomes, we can guarantee that we will do our best to give you the best possible experience. Also, it is important that you play a valuable role in your outcome. While we can educate you on what we feel is best for your particular condition, it is ultimately your responsibility to follow through with all instructions leading up to and following your surgery to obtain the best possible outcome.

The following is a very important packet that was assembled to help navigate you through your up and coming surgical period. Please make sure you ***carefully*** read the following packet and keep it handy following your operation. Hopefully it will answer many of the questions you may have. Please do not hesitate to ask us any questions that you may have after reading this packet. Just know that we are here to service you and to help you get through this event in your life.

Best wishes for a speedy recovery.

Sincerely,

Adam D. Perler, DPM, FACFAS  
American Health Network



foot & ankle

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## PRE-OPERATIVE INSTRUCTIONS

1. Do not eat greasy or fried foods the night before surgery.
2. Nothing to eat or drink after midnight the night before.
3. If you take medication in the morning for your heart or for your blood pressure please take that the morning of surgery with just enough water to get it down. If you are on insulin for diabetes please call the doctor that regulates your insulin to see if you need to change your dosage due to fasting prior to surgery.
4. If you take an Aspirin a day we will need to stop it 7-14 days prior to surgery. If you are taking a blood thinner such as Coumadin or Plavix we ask that you contact the prescribing doctor for instructions on stopping the medication 14 days prior to surgery.
5. The night before surgery or the morning of we ask that you please wash the foot or ankle that is to be operated on and remove any toenail polish that you may have on.
6. If you have a walker or crutches at home please bring them with you to the surgery center. If not we can either have the surgery center provide those for you or we can give you a prescription to purchase them prior to surgery.
7. We will give you prescriptions prior to surgery so that you can get those filled. If you did receive any prescriptions during your preoperative appointment please contact our office with the name, location and phone number of your pharmacy so that we can call them in *prior* to your scheduled surgery. These medications will only be needed following surgery, unless instructed otherwise.
8. If you have any paperwork that needs to be filled out for short term disability or FMLA we ask that you please get that to us prior to your surgery.
9. Please review and sign the consent that Dr. Perler discussed at your pre-operative visit. You will need to bring this with you the day of your scheduled surgery. If you have any questions regarding your surgery, the suggested procedures, or your post-surgical period that were not answered during your pre-operative visit with us, please call the office prior to your surgery so that we can address them appropriately.
10. Your surgery is scheduled for:
11. Location:

## POSTOPERATIVE INSTRUCTIONS

1. Please keep your surgical foot elevated whenever you can. This means, most importantly, to not let it hang down or rest on the ground.
2. Follow Dr. Perler's instructions regarding walking and weight bearing, which should have been discussed with you at your preoperative appointment. Please remember, the more you are up and about on your feet, the longer the recovery may take due to increased amounts of swelling.
3. Icing is very important following your surgery. There are 3 options to icing:
  - i. **Game Ready** (*Wabash Medical*) icing system: These are for more complex surgical cases which may or may not be covered by your insurance.
  - ii. Eagle Highlands patients: Eagle Highlands offers an ice boot for purchase (**Cryocuff**) for \$90.
  - iii. Another easy and affordable option is buying soft re-usable ice packs (such as **Mueller Medical** elastic interchangeable ice belts at Walmart) to place on your surgical wound(s) and behind your knee after surgery.
4. You may notice some blood on your dressing, which is completely normal. What you need to watch for is blood saturating through the bandage that is bright red in color or wet to the touch. If this happens, please contact us immediately.
5. You do not need to worry about changing the dressing as we will take care of that in the office weekly until your sutures are removed. It is very important to keep your dressing intact, dry, and clean to avoid any increased risk of getting a postoperative infection.
6. Make sure that you take your post-operative medications as directed. Pain control is an important component of a smooth post-operative course. You should not wait until the pain is unbearable prior to taking your pain medicines. Your foot/ankle will likely be injected with long-acting local anesthetic following the surgery or the anesthesiologist may have performed a block. When these medications wear off you may notice increasing pain at this time. The pain relief may last from 12-36 hours depending on the type of block that was performed. You may notice that the foot is numb and you can't move the toes while the block is working. This is normal.
7. It is recommended that you start on pain meds when you get home, even if you do not have pain right away. Start with one pain pill every 6 hours until the foot wakes up. Then you may follow the instructions as provided during your pre-operative appointment (also located on your prescription bottle/s). Unless otherwise instructed, you may also take anti-inflammatory medications with your pain meds if you have not experienced any problems taking them in the past. Examples include Advil, Motrin, Aleve, and Celebrex. It should be noted that Tylenol contains acetaminophen which is already present in your pain meds. Do NOT take any products containing acetaminophen unless otherwise instructed. If you experience any problems with any of the medications, please contact us immediately.

8. Occasionally pain medicine may cause nausea when taken on an empty stomach. You can help to prevent this side effect by eating when you take the pain medicine. If the nausea persists, please contact us so we can adjust your medications for you. In the first few days after surgery you can expect some of the following side effects from the pain medicines and anesthesia: drowsiness, lightheadedness, and mild nausea. Another side effect of pain medicine that can be easily remedied is constipation. You can treat this side effect by increasing your fluid and fiber intake, drinking fruit/prune juices, or taking over the counter stool softeners (Colace, Senekot) if necessary.
9. DO NOT operate heavy machinery, make important decisions, or drive an automobile while under the influence of anesthesia for 24 hours following surgery or while you are taking the prescription pain medicines.
10. It is mandatory that another person (family or friend) be present at your initial set of post-operative visits, unless otherwise instructed.
11. Someone should assist you to the bathroom for the first 12-24 hours following your surgery. While we do not want you up constantly, it is important to get up every now and utilize the non surgical leg for some weight-bearing activity if possible. While resting, please exercise both legs, while you are sitting with your surgical leg elevated. If you have a cast or splint on the surgical leg, you can raise and lower the leg at the hip and knee. If you are not splinted, you can incorporate ankle range of motion exercises as well.
12. If we have not scheduled your first postoperative appointment, please call the office after surgery to arrange for that appointment. The first follow up appointment is usually within the first 5-10 days following your surgery.

***CONTACT US IF ANY OF THE FOLLOWING OCCURS***

- ✓ Bandages become dirty and/or wet - this may lead to infection.
  - ✓ Your dressing or cast feels too tight, toes become numb or change color – this may lead to nerve or vascular injury.
  - ✓ If you notice any redness or swelling extending up from the ankle or a painful lump behind your knee or in your groin – this may indicate infection.
  - ✓ If you begin having fever or chills.
  - ✓ Notify your surgeon immediately if you should experience any sudden calf / leg pain in either leg – this may indicate a blood clot and is an emergency. If you experience sudden chest pain or shortness of breath, go to your nearest Emergency Room and have them page Dr. Perler. Please keep in mind that a serious blood clot is actually more likely to occur in one to two weeks after a surgery than in the immediate post-operative period.
13. Again, please never hesitate to call the office or page Dr. Perler after regular business hours if you have any questions after surgery. You can reach us at the Brownsburg office where there is always staff available to answer any questions that you may have. We hope that you have a speedy and uneventful recovery.

- If it is during office hours, please call our Brownsburg **office** at **(317) 852-5434**.  
\*Noblesville patients may need to enter the area code when dialing
- If it is after hours please **page** Dr. Perler at **1-800-411-5160**. Please make sure to enter your area code and telephone number where he can reach you immediately. If he does not call back within 6 minutes, please try to re-page him. If you still do not hear from him, call (317) 852-3851 and have the answering service get in contact with him.