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MEDICINE OF *motion*



## Nathan Hunt, DPM

Podiatric Medicine & Surgery

Please take a moment to look over the following instructions regarding your surgery. We know that surgery can be a very stressful experience for you and your family and that you may be nervous. This is normal, and we will make every effort possible to make your experience the best it can be! We are dedicated to achieving the best possible outcome for you. This takes a team effort often between you, us, and many other healthcare professionals.

The following packet will hopefully be informative and decrease your stress prior to surgery! There are many other great resources about your condition, and podiatric medicine / surgery. We encourage you to learn more about Dr. Hunt, your condition, and access links to help helpful websites and videos at [www.OrthoHealth.com](http://www.OrthoHealth.com).

We strive for nothing less than excellence in our quest to help you be the best version of you. We look forward to seeing you on the day of surgery!



## PREPARATION FOR SURGERY

### **Before Surgery:**

A pre-operative appointment will be done **IN-PERSON at OCR** (must be within 30 days prior to surgery, per insurance). This includes going over the procedure, pain medication instructions, post-op instructions, and making a post-op appointment. Post-op equipment such as boots, shoes, crutches, roll-about, along with weight bearing status will also be discussed at this time.

Your Health History form **MUST** be current with ALL medications, surgeries, and medical history up to date. If you have a cardiologist, a clearance is needed with most cases. Call your cardiologist for surgery clearance. Blood thinners, immunosuppressants, or steroid medications may need to be put on hold. Please let us know if you are taking any of these medications.

**OCR Outpatient Facility Surgery:** After your pre-op visit and signing papers, you will then be directed to check-out. Then, you will visit the pre-op nurse from our surgery center. They will also review your health history and give you further instruction prior to your surgery. This includes when to arrive, when to stop eating and drinking, etc. The packet you are sent home with will need to come with you the day of surgery. You are required to have a responsible adult drive you home from surgery, and be with you after surgery.

Questions about insurance / estimates for the hospital should be directed to 970-493-0112 ext 5615.

**MCR or PVH Facilities:** After your pre-op with our office, you will leave with a folder that you need to take to the hospital the day of surgery. Please refer to the pink sheet in the folder for information about when and where your surgery will be. The hospital should be calling you for a pre-admission interview. If you do not hear from them, call them at 970-624-1555.

Questions about insurance / estimates for the hospital should be directed to 877-349-8520.

### **Medication to Stop Prior to Surgery:**

- Advil
- Ibuprofen
- Aspirin
- Fish Oil
- Aleve
- Multivitamins
- Motrin
- Supplements

*Continue all other medications unless directed otherwise.*

### **Day of Surgery:**

#### **ALL SURGERY TIMES ARE SUBJECT TO CHANGE.**

We do our best to keep our surgery times close to when they are scheduled. There may be cancellations, delays, or emergent additions to the surgery schedule, including the day of surgery. You will be notified quickly with any changes. If you need to cancel surgery for yourself, please let us know as soon as possible. To cancel an OCR Surgery after hours, please call 970-493-5619. For the hospital, please call 970-624-1555.

# PRE-OPERATIVE SUMMARY

## **FMLA / Short-Term Disability / Work Release Forms:**

If you have any paperwork your HR department requires, please send them to us ASAP, along with a fax number. Please know we are allowed 7-10 business days to complete them. I do my very best to stay on top of them, but same day processing is not typical. A quick overview of your job description with your papers will help process faster. Workman's Comp Patients will need to speak with their case managers.

## **Medical Records Release:**

To ANYONE - yourself, insurance, or HR - you are required to sign a medical release form. These can be done at the front desk of any of our offices.



## POST-OPERATIVE INSTRUCTIONS

Once out of surgery, the responsible adult that came with you will be brought back. There will be further post-op instructions given to you.

### General Instructions:

- Dr. Hunt would like you to come back in 5 days - 2 weeks after surgery, depending on the procedure performed
- Your bandage should stay clean, dry, and intact until your post-op appointment
- Some bleeding through the dressing is normal after surgery. This will dry and harden. If bleeding continues after the first 24 hours (fresh, bright red color), please call our office for further instruction.
- Swelling and numbness are common. You may ice behind your knee and elevate as much as possible for the first 72 hours.
- If your bandage gets wet, it will need to be changed; you may call our office for instruction. Do not submerge your foot in water until 48 hours after your sutures are removed (usually around your 2-week post-op appointment). Do not put any lotion, creams, or ointment (no antibiotic ointment) on your incision.
- Hydrocodone/APAP is typically prescribed for post-op pain. Please take this as directed. Do not take Tylenol with this medication. You can alternate with Ibuprofen. For examples: Take 1-2 Hydrocodone, then 3 hours later, take Ibuprofen.
- REMINDER FOR PAIN BLOCKS - (Typically done with Achilles Surgeries) Take your pain meds as directed, even though you may not be experiencing any pain. Please call if you have any questions.
- Keep track of the amount of medication you have left. Refills will take 24 hours for processing. These medications CANNOT be called in or faxed. Someone will have to pick up a script and show their ID for a refill.
- Please call if you experience any fever above 101°, chills, nausea, vomiting, rash, or redness going up your leg.

Direct line to Dr. Hunt's clinic is **970-419-7220**. Please note, we may be in clinic.  
Please leave a message and I will return your call as soon as possible.