



## **PREPARING FOR SURGERY**

### **LIST OF THINGS YOU MAY NEED BEFORE SURGERY**

1. Pick a surgery date: Dr Chien's office will call you to confirm.
2. Blood work, tests, and visit to your primary care and/or specialists within 30 days of surgery
3. Stop certain medications before surgery (see list)
4. Non weight bearing devices – crutches, walker, knee scooter
5. Pre-operative visit to a physical therapist to practice non-weight bearing
6. A place to elevate the leg – pillow on a couch, recliner
7. A place to sit in the shower – shower chair
8. A large plastic bag or “cast cover” to keep the leg dry in the shower
9. Nonprescription pain medicine (ibuprofen, tylenol)

**WEIGHT BEARING** – Many surgeries require some period of non-weight bearing, which might be 2 weeks or 3 months. Crutches and walkers can be obtained from the hospital on the day of surgery. A rolling knee walker, also called a knee scooter, can be extremely helpful and is strongly recommended. These devices are usually not covered by insurance, and can be purchased or rented at a device shop or online.

**STAIRS** – There is no easy way to climb stairs when non-weight bearing on a leg. Perhaps the best option is to avoid them and stay on one floor of the home at the beginning of the recovery. Or, if stairs are unavoidable, you may sit on the stair and carefully scoot up and down.

**SHOWERING** – You won't be able to get your leg wet until a few weeks after surgery. Furthermore, it is hard to be safe in the shower when trying to stand on one leg only. A place to sit in the shower is easier and safer. This could be a simple plastic stool or a shower chair. A sponge bath is a safer option and you can bathe with the leg outside of the tub. You will also need to keep the leg dry, so a large plastic bag sealed with tape or a “cast cover” can be helpful. All of these items can be bought at a medical supply store or online.

### **THE DAY BEFORE AND DAY OF SURGERY**

The day before surgery, you will receive a phone call about when and where to go for surgery. If you have questions after hours, please call the OR desk at 212-932-4103.

Please don't eat or drink anything after midnight going into your surgery day – no food, coffee, or drinks. On the morning of surgery, you can take necessary medications with a sip of water. If you have diabetes, please check with your internist on how best to manage your medications.

Anesthesia – most lower extremity surgeries are performed with either general or regional anesthesia. This means you will be sedated and numbed up in the leg. The anesthesiologist will discuss the plan with you on the day of surgery.

*Thank you for choosing us. Our team is here to help you through this process and provide you with the best care.*