Dr. Yousef Nafal, DPM
FOOT & ANKLE SURGEON

Questions? Call
(734) 667-3714

BEFORE SURGERY

Getting ready for foot or ankle surgery

Plan ahead. Arrange a ride and a helper, get your equipment, set up your home, and follow the food and medicine instructions you're given.

Your surgery

Date: _____ Arrive at: _____

Place: _____

Nothing to eat or drink after: _____

Your medicines

- Bring a list of **all** your medicines, vitamins and supplements.
- You may need to stop some before surgery, such as blood thinners, aspirin, ibuprofen, some diabetes medicines, or fish oil.
- **Only stop a medicine if your doctor tells you to.**

Get your equipment

- Get your crutches, walker or knee scooter, and your surgical shoe or boot, before surgery day.
- Practice using them at home for a few days.
- Ask your insurance about coverage for “durable medical equipment.”

Set up your home

- Clear walkways. Remove loose rugs and cords.
- Put things you use every day at waist height.
- If you can, set up to sleep on the main floor.
- A shower chair and a cast cover make bathing easier.

Line up help

- You **can't drive yourself home**. Arrange a ride.
- Have an adult stay with you for the first 24 hours.
- Plan for help with meals, shopping, children and pets.

Your countdown

1 to 2 weeks before
Stop smoking and vaping. Stop medicines only as told. Get your equipment.

A few days before
Practice with crutches or scooter. Set up your home. Fill your prescriptions.

The night before
Wash your feet well. Remove nail polish on your surgery foot. Follow the eating rules.

Surgery day
Take only the medicines you were told to take, with a small sip of water.

Medicines to stop (Dr. Nafal or your doctor will fill this in)

Medicine: _____ Stop on: _____

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What to bring

- Photo ID and insurance card
- Your list of medicines
- Your crutches, walker or scooter
- Your surgical shoe or boot, if you have one

What to wear

- Loose shorts or wide-leg pants that fit over a bandage
- A flat, non-slip shoe for your other foot
- No jewelry, makeup or lotion on your legs. Leave valuables at home.

Help your body heal

- Stop smoking and vaping as early as you can. Nicotine slows bone and wound healing.
- Eat well and drink water in the days before surgery.
- If you have diabetes, keep your blood sugar in your target range.

Food and drink

- Follow the “nothing to eat or drink” time above exactly. If you don't, surgery may be canceled.
- Stock up on easy meals and snacks before surgery day.

⚠ Call us before surgery if you have

- A fever, cold, cough or flu
- A new cut, blister, sore or rash on your foot or leg
- Started a new medicine
- Need to change your surgery date