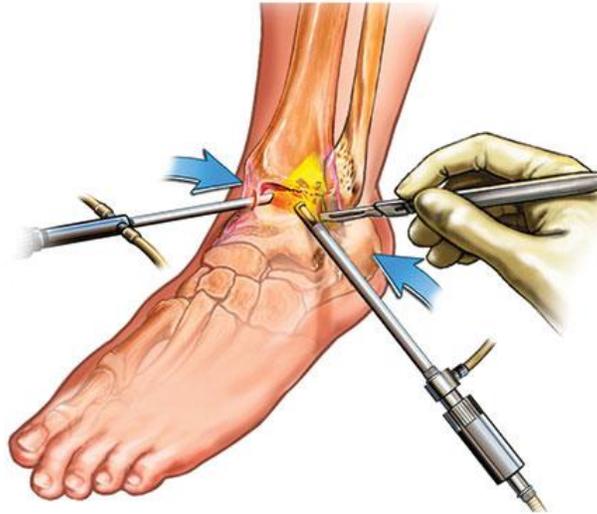


Corporate Medical Plaza
Building # 1
10171 Nall Ave., Suite 100
Overland Park, KS 66211



Lee's Summit Office
3151 NE Carnegie Drive
Suite B
Lee's Summit, MO 64064

Ankle Arthroscopy



PRE-OPERATIVE INSTRUCTIONS

- Do not eat or drink after midnight the night before surgery. This includes chewing gum, candy and mints.
- No smoking or use of tobacco products.
- Stop all blood thinners 1 week prior to surgery, unless directed otherwise. This includes Coumadin, aspirin, and anti-inflammatories such as ibuprofen, Aleve, and Nuprin. You may use acetaminophen for pain.
- Stop all herbal supplements 1 week prior to surgery.
- Plan to spend approximately 3-5 hours at the surgical facility.
- Arrange for someone to drive you home and stay with you through the night.

Set up your post-op appointment for 14 days after surgery with scheduling at 913-381-5225 if you have not already done so.

Dr. John S. Bleazard, DO
If you have any questions, please call: (913) 381-5225

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POST-OP INSTRUCTIONS

- Use your crutches or walker at all times. **DO NOT** bear weight on the ankle until instructed to do so by Dr. Bleazard. Be aware that swelling may remain for several months after your surgery.
- Do not allow your operative foot to rest below the level of your heart.
- Move from bed to bathroom and back to bed several times a day.
- You may do straight leg raises, flex and extend the knee, and wiggle your toes to help with circulation.
- No heavy bed covers or other objects on top of your foot.
- No driving until approved by your doctor
- You will be placed in a splint after surgery. Keep this dressing in place until your 1st postoperative appointment. Keep the splint clean and dry. **DO NOT** remove the splint. If you feel it is too tight, you may remove the outer ace wrap and re-apply it.
- Take the pain medication prescribed to you on an as needed basis. Be aware that a common side effect of some pain medications is constipation. It is important to remain well hydrated and include fiber in your diet. You may use an over the counter stool softener or laxative if necessary.
- Start slowly with your diet, progressing from clear liquids to a regular diet. Avoid heavy or greasy foods in the first 24 hours after surgery.
- If you have not already done so, call the office to schedule your first post-operative appointment for 14 days after surgery. Call 913-381-5225 and follow the prompts for scheduling.

Dr. John S. Bleazard, DO
If you have any questions, please call: (913) 381-5225