



Division of Signature Medical Group of KC, PA

Bunion Surgery

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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 3-4 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 7-10 days after surgery with scheduling at 913-381-5225 if you have not already done so.

POST-OP INSTRUCTIONS

- ✓ If you had a regional block for an anesthetic, it will take several hours before you regain full feeling in your foot.
- ✓ Elevate your foot above the level of your heart as much as possible to reduce swelling. Swelling may remain for several months after your surgery.
- ✓ You should use ice for comfort and to reduce swelling.
- ✓ Keep the dressing dry and in place until your follow up appointment with Dr. McNamara in 7-10 days unless you are instructed otherwise.
- ✓ You will be placed in a special shoe postoperatively. You will receive instructions regarding your weight-bearing status. Most of the time you will be instructed to do heel-walking with crutches or a walker.
- ✓ Start slowly with your diet, progressing from clear liquids to a regular diet. Avoid heavy or greasy foods the first 24 hours after surgery.
- ✓ Take the pain medications prescribed as you need them.
- ✓ Some or all of your sutures may be removed at your 1st post op visit. Keep the incision clean and dry. Try to expose the incision to air when you can at home.
- ✓ You may shower, but do not immerse your foot in water until the incision is completely healed.