



PACIFIC POINT PODIATRY

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The Typical Surgical Planning Process

Surgical correction of any body part goes through a non-linear healing pathway, meaning there will be some good days and some challenging days and Dr. Tea wants to be there to support you throughout the process. Surgery of the foot and ankle is particularly challenging because walking will be impeded for a period of time as you heal. It is important to follow the doctor's recommendations to optimize your outcome.

Appointment #1- Initial Consultation

- You will have a 30 minute consultation with Dr. Tea to determine if we're a good fit for each other as outcomes rely on a trusting patient-doctor relationship. She will review your medical records with you and define the goals you hope to achieve from surgery. At the end of your appointment, our staff will obtain necessary prior authorizations from your insurance, medical clearance from your primary medical doctor & order additional tests if needed, and schedule your Preoperative Appointment.

Appointment #2 - Preop Visit

- Dr. Tea will go over the proposed surgical plan, expectations and additional aftercare recommendations to help you have a successful result. You will be given a surgical packet and additional instructions. You are encouraged to ask questions to help you understand the risks, benefits and expectations of surgery. You may also want to bring a supporting family member or friend to help you through the healing process.

Appointment #3 - Your Surgery Day

Things you will need:

- Someone to drive you to and from the surgery center. For your safety, you may not drive yourself that day.
- No eating or drinking (including coffee) after midnight before the day of your surgery ("NPO after midnight"). Your stomach must be empty for at least 6 hours for anesthesia and surgery may be cancelled if the doctor believes it would be unsafe to move forward.
- Arrive on time for check-in, which will be confirmed by the surgery center. A great amount of resources are invested in your arrival so any delay will affect other people's schedule. Therefore, a delay in your arrival may result in rescheduling your surgery.
- The surgery center will typically call you a few days before your appointment and provide further instructions.

Appointment #4+ - Postop Visits

- First postop visit is within a week from surgery – You can expect your surgical dressing to be removed by the medical assistant and postoperative xrays to be obtained in the office. Few people will take a pain medicine before their appointment if they anticipate discomfort upon dressing removal. The doctor will check on how you're doing overall, mentally and physically, because your overall well-being is important during the healing process.
- Despite meticulous care in surgery, complications may arise for various reasons. Thus early detection for potential complications, such as infection or blood clots, can prevent further problems. If you experience a fever, chest pain, or the dressing becomes soiled, do not wait for your appointment to address it, call the office for further instructions or go to the nearest Emergency Room.
- Subsequent visits – Sutures will be removed in 2-3 weeks
- Follow-up at 3, 6 and 12 months to monitor your outcomes. We aim for long term success and are with you throughout the recovery process.