Preparing for Foot and Ankle Surgery: Checklist

General Pre-Surgical Preparations:
- What is the surgical procedure you are having: ______________________
- Do you have any questions about the surgery for your surgeon:
  - If so what? ______________________
- What will be your weight-bearing (WB) status after surgery?
- How long will it be before you can put full weight on your foot?
  - _______ weeks? _______ months?
- What will be on your foot after surgery?
  - Cast__ Walker Boot __ Post-op Shoe ___ Dressings only ___

Preparing Your Home
- Are there any objects blocking or limiting access to rooms? ______
- Is your bed on the ground floor level? If not could it be moved?
- Is your bathroom safe? Does it have a shower stool? ___ Grab bars?___
- Have you stocked up on supplies? Food?___ Bathroom supplies?___
- Do you have enough entertainment options?
  - Books?___ Videos?___ Games?____

Command Post (Bed or Couch)
- Computer access?_____ TV?___ Telephone?___ DVD Player?___ Clock?____
- Working Table (can slide in and out, adjustable height)? ______
- Back Support? ____
- Pillows to elevate foot? ____
- Pen?____ Paper?____
- Handiwork/Crafts? _____
- Easy access to food/snacks? _____

Involve Family and Friends (help preparing meals, keeping you company, etc)
- List friends who you have asked to help out? ______________________
- Are there specific days you have asked for help? __________________
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Return to Activities
  ○ When do you expect to be able to return to regular day-to-day activities?____
  ○ When does your doctor expect you to be able to return to regular day-to-day activities?____
  ○ When do you expect to be able to return to work?_____ 
  ○ When does your doctor expect you to return to work?____
  ○ Have you talked with your employer about your expected recovery time?____
  ○ Does your employer have light duty work (ex. sitting) that would allow you to return more quickly?____
  ○ Are there high level activities that you do?____
    If so how long will you be off from these activities?____

Mobilizing Post-Surgery
  ○ What will you use to help mobilize after your foot surgery?____
  ○ Walker?___ Crutches?___ Cane?___ Knee Walker?____
  ○ Have you practice prior to surgery?_____ Going up stairs?____

Driving following Foot Surgery (it is critical not to drive until you are safe!)
  ○ Is the foot that operates the gas pedal and brakes being operated on?____
  ○ Do you drive a car with a clutch?____
  ○ Have you talked to your surgeon about when you may return to driving?____
  ○ Do you have someone to drive you around in the weeks after surgery?____

The Day of Surgery
  ○ Do you know where to go to check-in?_______________________________
  ○ Has the check-in process been explained to you?____
  ○ Do you have any questions you need to ask the surgeon prior to surgery?____
  ○ Is your surgery day surgery or will you be admitted?________________
  ○ If you are being admitted how many days will you be in hospital?____
  ○ What are the surgeon’s goals for you on the first day after surgery?____

Going Home
  ○ What day are you likely to be discharged from hospital?____
  ○ Who is going to pick you up from surgery?__________________________
  ○ Do you have vehicle that you can get into easily?____
  ○ Will be able to keep your foot elevated (ex. in the back seat)?____
  ○ How long is the drive home?____ (for long drives break may be necessary)
  ○ Will you have a problem (stairs, etc.) getting into your house?____
    If so is there someone who can help you?____

Pain Control Options
  ○ Are you clear on all of your options to manage your pain following surgery?
    Medications____ Elevating leg ____ Ice____ Other____