



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?
Full? Partial WB? Touch WB? Non-WB
- 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 ____