



GoodbyeCrutches
Hello Freedom!

FOOT SURGERY CHECKLIST

PATIENT'S GUIDE TO A BETTER RECOVERY



WHEN YOU CAN'T BEAR WEIGHT; AND YOU CAN'T BEAR CRUTCHES.

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Preparation means you taking time in advance to avoid calamity down the line. This applies to most areas of your life, whether it means changing your car's oil, getting a good night's sleep, or putting money in a retirement account. This also applies to your upcoming foot surgery. You can avoid "surprises" tomorrow by taking a few steps today.

What makes this checklist special? You do! As the nation's largest distributor of crutch alternatives, we've heard from thousands of our customers about their experience with surgery and recovery. These are your suggestions, and through your feedback, we are confident that these ideas will help reduce your stress and make for a better recovery.

This checklist is broken down into five sections:

- Preparing Your Surroundings
- Getting Ready for Surgery
- Communicating with Work
- Don't Forget To...
- The Trial Run

While not every section may exactly apply to your specific circumstance or injury, we believe there is something for everyone in each section.



Also, please note that this is NOT meant to be medical advice. While we believe these tips – given to us by you – will be of some benefit to you in preparing for your recovery, you should consult your doctor or medical staff with specific questions on your unique circumstance.

Finally, this guide is an ongoing work in progress. Every recovery involves different scenarios, and you may encounter a solution that is unique to you. Please let us know about your recovery, and if we think your suggestion fills a need in our guide, who knows, you may be in the 2015 edition!

Preparing Your Surroundings

The first step in preparing for your surgery is to modify your surroundings. This means looking at your house or apartment and determine if you will be able to move around with minimum complication. It also means making sure your daily needs are easily reachable, as well as require a minimum of squatting, bending over, or stretching. Finally, even if all of the above is satisfied, you will likely get tired quickly (especially in the beginning).

Remember, give yourself as much time as you need, and, if tasks are not necessary, consider doing them at another time (or have someone else do it).

Nutrition

- Meals (easily microwaved or prepared)
- Drinks (avoid caffeine as it can slow healing)
- Make sure that you shop prior to surgery
- Schedule a friend to visit during meal times. You do not want to skip meals.
- Notify your doctor of any and all supplements you may take, as they may interact with medications (**For example:** fish oil may further thin your blood and increase bleeding)



Ways to stay Non-Weight Bearing

- Crutches
- Knee walker (also known as a Knee Scooter or Roll-a-bout)
- Seated scooter
- Hands Free Crutch
- Wheelchair
- Walker

Command Center

(to spend the first few days with your foot elevated)

- Pillows to elevate foot
- Phone
- Television and radio
- Laptop computer
- Food and water
- Writing materials
(to log your medications and questions)
- Laxatives (to offset pain medication)
- Nightstand or hospital-type table
- Activities for your free time

Safety

- Add night lights
- Pick up trip hazards (cords or rugs)
- Ensure handrails are installed and secure

Online Quiz

Which option is best for me?

TAKE THE QUIZ





Bathroom

- Toilet extender
- Adjustable shower bench
- Cast protector
- Cast cooler
- Suction grab bar
- Hand shower
- Non slip bath mat
- Place to sit down while you shave, brush your teeth, do your hair, etc.

Bedroom

You may consider moving to the main level, especially if your steps are steep or you have more than one floor to get to your bedroom.

- Pillows to elevate your foot
- If your sleeping schedule changes or you or your partner is a light sleeper you may want to sleep in separate beds at least for the beginning of the recovery
- A tray or other means to keep the covers off your foot at night (this bothers some people)
- Nightlights

Kitchen

- Move needed items out of the top cabinets (they may be hard to reach)
- Move needed items in the refrigerator up and to the front (so they are easier to reach)



Medications

- Ensure you have refills of all meds
- Do not begin taking (or stop taking) any medications without your doctor's approval
- Be sure to notify your doctor of any and ALL medications and supplements you are taking

Entertainment

Recovery can be depressing, and the isolation can only make this worse. Make a list of things you would like to do while recovering.

- Books you want to read
- Movies you want to watch
- Photo albums you want to organize
- Scrapbooks you want to make
- The novel you want to write

**Get Goodbye Crutches
list of more than 50 activities**

you can do while recovering

GET YOURS NOW

Going to Surgery

The big day! While you may not be THAT excited about your surgery, it is the first step toward recovery. You want to make sure your day is as uneventful as you can make it (as the day, by definition, is eventful). And keep in mind, even for an outpatient procedure, you should plan on being there the entire day.

- Set two alarms! If you are late, your surgery may be postponed. (Set your alarm clock and the alarm on your smart phone)
- Consider staying in a nearby hotel that may have a free shuttle to the hospital (and a wake-up service)
- Get someone to drive you to and from your surgery



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- Bring a government issued photo ID (driver's license, military identification, or passport)
 - Expect to answer similar questions repeatedly (so to make sure there is no confusion amongst the many medical professionals you will meet):
 - What is your name?
 - Who is your doctor (or surgeon)?
 - What are we doing today?
 - What side are we doing?
 - Leave any valuables and jewelry at home
 - Have a backup plan in case you are admitted overnight

Communicating with Work

Chances are, your work will be understanding about your circumstance. They want you back on your feet, and you want to be back on your feet. However, having communications with your direct supervisor, the owner of the company, and/or your human resources director will certainly help with the transition.

- Talk with your employer about:
 - Any special accommodations
 - Any restrictions (weight bearing, etc.)
 - Expected absences and recovery time
- Speak with HR about temporary disability (if applicable)
- Speak with HR about Family Medical Leave (if applicable)
- Make sure that customers or coworkers who depend on you know of your absence, and have alternate arrangements for them.
- Update your voice mail recording
- Set up an "out of office" e-mail message, informing people of your absence



Don't Forget To...

You're only human. With work, family, your social activities on top of your surgery, you are going to forget a few things. Here are some of those things – both practical and not so much – you may want to consider doing before your surgery:

- Get a pedicure (ensure it is clear or they may remove prior to surgery)
- Pay your bills before surgery
- Shave your legs
- Set up online banking
- Get someone to walk your dog or care for your pet
- Get a haircut
- Go grocery shopping
- Get a note from your doctor for a temporary handicap parking permit
- Go to the DMV to get that temporary handicap parking permit
- Avoid a stinky and itchy cast! Get a Cast Cooler
- Get a free 30-day trial for HBO, Netflix, etc.
- Buy comfortable sweat pants that fit over your leg
- Get a stable shower bench that fits in your tub/shower
- Buy cargo pants/shorts with pockets for everything
- Avoid cold, exposed toes. Get a Comfy Cozy Toe Cover
- Rent a Knee Walker so you don't have to use crutches
- Buy a laxative, as pain medications can cause constipation
- Sign up for Skype so you can talk to everyone online for free
- Get a toilet seat extender



- ❑ Read some reliable online blogs about foot surgery and recovery:
 - [WebMd](#)
 - [Ankle Foot MD](#)
- ❑ Connect with others online:
 - [The Community: Your place to connect for a better recovery on one foot](#)
 - [Join us on Facebook](#)
 - Just search online, you'll find lots of others going through the same thing

Ask a friend to...

- ❑ Bring in the mail or paper
- ❑ Take out the garbage
- ❑ Walk and care for your pets
- ❑ Shovel your drive and walk
- ❑ Mow the grass
- ❑ Visit or call to check on you

Trial Run

Ever heard of “fast cruise”? It’s when sailors do a dry run one day before sailing. They get on their ship and simulate being on the ocean. It allow for sailors to iron out any wrinkles and become acclimated to the equipment and conditions before the actual launch.

You should do your own “fast cruise.” Before surgery, pretend your foot is no longer weight-bearing, practice using the equipment, and move around in your recently modified living environment.

By creating an environment that is identical to that of a day recovering on one foot after surgery, you will have a general understanding about what you will endure in the coming weeks.



While it is not a perfect simulation, doing this will make it much easier and less painful to learn things before you are on one foot. While you may look silly, the time (and pain) saved by getting acclimated to your situation will be worth it.

What did we forget?

Please contact us if you have any suggestions to the **Ultimate Foot Surgery Preparation Checklist**.

As the nation's largest distributor of alternatives to crutches, it is our honor and our privilege to serve you. Thank you for choosing Goodbye Crutches!

Please visit our website: www.goodbyecrutches.com.

877-266-3995



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