

## TO DO LIST BEFORE SURGERY

### PRE-OP APPOINTMENT WITH SURGEON

- Will be organized by Footbridge Orthopaedics at the time of scheduling your surgery date (if applicable for surgeon).

### IMAGING

- Ensure you have x-rays within the last 6 months on the area being operated on
- Ensure that all other ordered tests (blood work, ECG, MRI, CT, etc.) have been completed

### EQUIPMENT

- Arrange to have all equipment in your home **1 week** prior to surgery
- This equipment can be purchased through Footbridge or another medical supply
- Attached is a complete list of required equipment for your surgery

### HOME PREPARATION

- You may need help at home after surgery to perform your normal activities – bathing, dressing, making meals, running errands, cleaning, etc.
- If you live alone – please arrange for friends/family or home-making service to be available in the event that you need assistance

### PHYSIOTHERAPY PRE-HAB APPOINTMENT

- It is recommended to meet with a physiotherapist before your surgery to discuss how to prepare for surgery and make a plan for post-operative rehabilitation
- Our surgeons highly recommend booking an appointment with Footbridge Physiotherapy as they collaborate on the care of all patients. You can also arrange this appointment with a community physiotherapy clinic

### ANAESTHESIOLOGIST CONSULT

- If you require an anesthetic consult, you will be contacted by St Paul's Hospital Pre-Assessment department (Tel: 604-806-8677)
- This appointment will take place within the two weeks leading up to your surgery

### SMOKING

- Smoking must be stopped 8 weeks prior to surgery. If you have not stopped, your surgery may be cancelled.

### TRAVEL

- Please arrange for someone to be available to pick you up after surgery
- If travelling by plane or ferry – make sure appropriate reservations are made for your comfort
- If you are from out of town, please make arrangements to stay for 48 hours in Vancouver after your surgery

Please reference [www.footbridgeclinic.com](http://www.footbridgeclinic.com) for further information

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