

□ **Banner Surgery Center**  
1125 S Alma School Rd. Ste 100  
Chandler, AZ 85286  
Phone: (480) 550-6089

□ **Banner Gateway Main Campus**  
1900 N Higley Rd.  
Gilbert, AZ 85234  
Phone: (480) 543-2000

□ **Center for Advanced Surgery**  
3367 South Mercy Road Suite 101  
Gilbert, AZ 85297  
Phone: (480) 899-2571

□ **Canyon Springs Surgery Center**  
2940 E Banner Gateway Dr. #100  
Gilbert, AZ 85234  
Phone: (480) 543-3200

**All Pre-op testing must be completed 3 days prior to surgery.** Your surgery may be delayed if we do not have this in time. Pre-op testing includes **LABS, EKG, COVID test and CARDIAC/ MEDICAL CLEARANCE.** If you are taking blood thinners please let the office know, you may need to refrain from taking them a few days before surgery.

\*Due to COVID-19 all of the surgery centers have different protocols in place. If they have not reached out to you within a week of surgery please reach out to them. COVID testing is usually completed 3-5 days before surgery.

**DAY OF SURGERY/PROCEDURE:**

- \* Nothing to eat or drink after midnight
- \* Heart and blood pressure medication **can be** taken with a small amount of water
- \* Arrive 1-1.5 hours early (unless told differently by the facility)
- \* You must have a responsible adult (18+) accompany you to and from the procedure
- \* Wear comfortable clothing and shoes
- \* Don't forget your Insurance card, ID, and walking boot (if one was issued)

\***Knee Scooter**- If you are required to be non weight bearing a knee scooter is very helpful. A few suggestions for a knee scooter:

- \* Renting- Call the office
- \* Purchase- Market Place, Offer up, Craigslist, and Amazon have all been pretty reasonable on price. Please make sure you are purchasing from a reliable source. There are so many different types so be sure the scooter is the correct one for your height and weight and lifestyle.
- \* Insurance-some insurances will pay for a scooter. You will need to check with your insurance carrier to see if this is a benefit they offer. If the insurance says they will cover it please call me with a fax # so I am able to send an order to the correct facility. (This process may take longer depending on your insurance)

**Billing information-**

There are 3 billing entities: **Dr. Thompson, Surgical Facility and Anesthesia.** AFAS **DOES NOT** quote insurance billing prices. We will get prior authorization for your procedure. We can provide you with the procedure code(s) and the price that AZ Foot & Ankle Surgery bills for that code(s). AFAS will collect after the billing is completed and based on your insurance allowance. CASH PAY patients will be responsible for payment arrangements prior to surgery.

# **GENERAL POST OPERATIVE INSTRUCTIONS**

## **POST OP MEDICATIONS:**

Dr. Thompson will send any post op medications to the pharmacy we have on record. If you have not heard from your pharmacy by 4:00 pm the day prior to your surgery please reach out to your pharmacy before contacting our office. If there is an issue or they haven't received the prescription please give us a call and I will look into what the issue may be.

## **GENERAL POST SURGERY INFORMATION:**

- \* A Postoperative visit should be scheduled for 10 days after surgery. If you do not have one scheduled please call our office to schedule.
- \* This 10 day post operative period is important for healing so please plan on resting 90% of this time. We strongly suggest taking this time off of work for healing and rest.
- \* **DO NOT** remove the bandages. If there are issues with the bandages please call the office; otherwise, bandages will be removed at the post operative visit.
- \* Keep all dressings clean, dry and intact. If they get wet please call the office.
- \* You will probably experience discomfort after the anesthesia and numbness wear off, this is normal. Keep the surgical sight elevated to prevent swelling. If the pain and discomfort is intolerable even with the pain medication please call the office for assistance.
- \* If you are calling the office after hours or over the weekend, there should be a prompt for the doctor on call. Please leave a message and Dr. Thompson will return your call. If there is an emergency call 911 or go to your closest ER.

## **\*I was told at Pre-op that I would be:**

- \* **WEIGHT BEARING-** Please wait 24-48 hours OR until the anesthesia wears off before bearing weight as to not re-injure the surgical site. Make sure the boot is secure, start slowly, and increase weight and walking as tolerated. If it hurts, you may need to rest and try again later.
- \* **NON-WEIGHT BEARING-** DO NOT APPLY ANY WEIGHT ON THE SURGICAL SIDE! This includes: walking, standing, or any other movement where weight is applied on the surgical side of your body. If your non-weight bearing order will surpass the 10 day post op period you should consider purchasing a shower chair for assistance while showering.

## **\* If you were issued a post surgical boot:**

- \* The boot is to be worn at all times while mobile **and** sleeping- (You can cover the boot with a pillow case at night so you don't get the bed dirty)
- \* The boot is adjustable for comfort (loosen/tighten).
- \* The boot may be removed for a short time, **only while sedentary.**

If you have any questions please call Dr. Thompson's office.

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