

PRE OPERATIVE PREPARATION FOR TOTAL ANKLE REPLACEMENT (TAR)

FOUR WEEKS PRIOR TO SURGERY

As advised you are expected to obtain your orthotic/moonboot through a physiotherapist, followed by a review with a Cardiologist/Physician as part of your work up for surgery. The referral/s can be found in your pre operative pack.

Please complete the tests prescribed on the pathology and imaging form/s provided in your pack prior to your Cardiologist / Physician appointment:

- Chest X ray
- Blood test/s
- ECG
- MRSA screen
- Micro urine

You are expected to bring a list from your Gp of **ALL** your current medications to this appointment.

NOTE: There is a pre operative discharge planning education session held every second Tuesday afternoon at Campbelltown Private Hospital (CPH) & Sydney South West Private Hospital (SSWPH) for Joint Replacement Patients. We strongly recommend you attend as part of your work up for surgery and life with a joint replacement. Information Flyer enclosed in your information pack – call number directly to book.

ONE WEEK PRIOR

- **Based on your current medication/s you may be instructed by your Surgeon / Gp / Cardiologist or physician to alter your medications in the lead up to surgery. PLEASE READ THE IMPORTANT INFORMATION SHEET PROVIDED IN YOUR PACK**

BLOOD THINNERS are medications that reduce the ability to form clots – examples of this are anti platelet medications such as Aspirin or Plavix.

Other medications are Warfarin or newer medications such as Xarelto.

Many patients are on some form of blood thinners for the management of heart conditions, prevention of stroke or the treatment of blood clots (DVT's).

These medications can increase the risk of bleeding complications in surgery increasing the risk of **blood transfusion, haematoma formation** (blood clot in the wound) which can **compromise wound healing** and increase risk of **infection**. It also increases **pain** and **swelling** after surgery.

As part of your pre operative plan you should have detailed instruction from your surgeon about how to manage your blood thinning medication around the time of the surgery:

- Aspirin should be continued unless specifically instructed by Dr O'Carrigan.
- Plavix should be stopped one week prior to the surgery because it takes that time to wear off its affect on the platelets.
- Warfarin and Xarelto and its equivalents should be ceased 4 days before the surgery – they will usually be replaced with clexane injections twice a day.
- The last clexane injection should be **the morning of the day before surgery**.

The clexane injections will be recommenced post operatively and the oral anticoagulants recommenced usually around day 2 post surgery as required.

It is important that you follow instructions regarding your anticoagulants 'to the letter' failure to do so may lead to cancellation of your surgery or increase your risk of complications.

THREE DAYS PRIOR TO SURGERY

- Bathe daily with surgical body wash provided as instructed – wash provided

DAY OF SURGERY

Must Bring:

- **ALL X RAYS & MEDICATION/s** – including a complete list of **ALL** current for medication/s for review and management by your anaesthetist just prior to your anaesthetic. This list must include any non prescription medications i.e. herbal medicines, vitamins
- Original medical documentation regarding your health and operation
- Pre fitted / purchased 'Moonboot' as prescribed

Do:

- Adhere to the fasting time prior to surgery allocated by the hospital by telephone the day before surgery
- You may have clear fluids (water) up until time advised by the hospital
- Have a complete final shower including hair the morning of or night before surgery with surgical wash provided
- Remove nail polish / false teeth / contact lenses / body piercings
- Take all regular medications including blood pressure, diabetic and heart medications the morning of your operation as directed by your doctor with only a **sip** of water if required
- Advise if you have been unwell in the last few days or injured / scratched the site to be operated on including i.e infected ingrown toe nail....
- Bring a friend or support person

Do not:

- Drink alcohol or smoke cigarettes 24 hours before operation
- Eat or drink anything 6 hours prior to your operation / anaesthetic
- Pre shave your legs less than three days prior to admission – to avoid nicking the skin which would result in cancellation of your surgery until healed