



Eitan M. Ingall MD

Baylor Scott and White Orthopaedic Associates of Dallas

Patient Information for Foot and Ankle Surgery

MODIFIED KIDNER

Information: An accessory navicular may be treated without surgery. An accessory navicular is an extra bone in your foot that is also inside of the posterior tibial tendon (this tendon holds up your arch). If you decide to have surgery the accessory navicular will be removed and the posterior tibial tendon repaired. Sometimes, an osteotomy (to break the bone with a saw) of the heel bone is required if deformity is also present. Risks of surgery include, but are not limited to: infection, wound healing issues, scar, swelling, stiffness, pain, numbness, injury to vessels, bone healing problems, hardware problems, need for hardware removal, other deformity, need for future surgery, perhaps a condition you may feel is worse or not much better from your preoperative status. If you need an excuse for work, please let us know before surgery. If it is your right foot, most patients cannot drive 8-12 wks. Most are out of work at least 1 month.

On the day of surgery: You and your anesthesiologist will determine what is best for your particular surgery. Often, a block is provided by the anesthesiologist. This will decrease the amount of pain after surgery. The risks of anesthesia/block will be discussed with the anesthesiologist. You will be brought to the operating room and your leg will be cleaned for surgery. Drapes will then be placed over your leg and your entire body to keep our field clean. You will be given antibiotics before/during surgery. I will perform your surgery (perform an incision, perform the surgery as above and as we discussed in the clinic, add hardware, close the tissue/skin, and then place a splint on your leg that must remain on until your first postoperative visit with me). After surgery, I will discuss the surgery with your guest that day.

After Surgery: You will be taken to the recovery room and sent home when the nurses and anesthesiologist think you are suitable for discharge. You will be placed into a postoperative shoe or short walker boot. Often times you are allowed to walk in this device or put weight on the heel only.

Care of your splint/dressing and weightbearing: Please pay close attention to the discharge paperwork you receive about how to care for your splint/dressing. In order to ensure an optimal outcome, it is critical that you adhere to these recommendations. For example, if you have a splint, it must stay dry etc. Depending on your surgery, you may not be permitted to put weight on your leg etc. All of these details can be found in your discharge paperwork. Please do not leave the hospital/surgery center until you and your guest have full understanding of the post operative instructions. Please ask questions as they come up! We are here to help.

Medications – Please read this section carefully: After surgery, you will be prescribed a small dose of narcotic pain medication. All narcotics cause constipation, so I will provide you stool softener as well to try to help with this. Narcotics are dangerous medications with addictive potential. Furthermore, we now know that their ability to reduce pain may even be inferior to NSAIDs or other anti-inflammatory medication. We try to control pain using multiple pain pathways including narcotics (for a short time),

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.



Eitan M. Ingall MD

Baylor Scott and White Orthopaedic Associates of Dallas

Patient Information for Foot and Ankle Surgery

ibuprofen and Tylenol. Other medications may be used in certain instances as well. **It is our commitment to you to help control your pain in a safe manner.**

These are the 5 medications I prescribe most patients after surgery:

- Colace – Stool softener twice daily
- Oxycodone- 5mg every 4-6 hours for severe pain
- Zofran – anti-nausea medication to be taken as needed
- Tylenol (usually 1000mg)
- Ibuprofen (usually 800mg)

And if you are having fracture or fusion surgery:

- Calcium
- Vitamin D

You should plan to take the oxycodone every 4-6 hours for the first 24 hours (especially as your block wears off). **I recommend the following schedule:**

Day 1 – Oxycodone 5mg every 4-6 hours

Day 2 – Oxycodone 5mg every 4-6 hours but skip the dose around lunchtime if you can

Day 3 – Oxycodone 5mg every 8 hours

Day 4 – Oxycodone 5mg twice, once in the morning and once at night

Day 5 – Oxycodone 5mg only at bedtime

Day 6 – Oxycodone 5mg only at bedtime

Day 7 – Stop narcotic pain medication (OK to take at bedtime if absolutely necessary)

This adds up to about 18 pills. For most surgeries, I will provide you with twenty pills. I do not provide refills for narcotics. This is because after about a week, they generally do not provide much benefit for pain relief and can become harmful (constipation, altered mental status, addiction).

In addition to the above schedule, you should take Ibuprofen (Motrin or Advil) along with Tylenol (Acetaminophen) in an alternating fashion for the first week after surgery:

06:00 – 800 mg Ibuprofen

09:00 – 1000 mg Tylenol

12:00 – 800mg Ibuprofen

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.



Eitan M. Ingall MD

Baylor Scott and White Orthopaedic Associates of Dallas

Patient Information for Foot and Ankle Surgery

15:00 (3pm) – 1000 mg Tylenol

18:00 (6pm) – 800 mg Ibuprofen

21:00 (9pm) – 1000 mg Tylenol

This may be done for the full week after surgery. After one week, you can take the Tylenol or Ibuprofen as needed on a less frequent basis. Please note that if you have liver problems you should not take Tylenol. Also, some people cannot take Ibuprofen because of prior gastric bypass surgeries, stomach ulcers or other reasons. Ibuprofen can cause stomach pain and GI issues, and please alert our office if you develop any of these symptoms. Please let me know if you cannot take these medications and we will find suitable alternatives.

Postoperative Course:

2 wks – My team or myself will see you for splint and staple removal, xrays, and placement of a cast

5 wks – You will return for removal of cast, and transition to tall walkerboot and allowed touchdown weightbearing with crutches at 25% and advance weekly to full weightbearing over the next 3-4 weeks. Physical therapy will begin at 6wks from surgery and lasts 6-12 wks.

8-10 wks – You will begin to remove the boot and wear comfortable, supportive shoes

4 months – I will see you again to check your progress

5-6 months – You will begin to feel that this is “behind you” and although you are not fully normal/healed, you should be doing quite well. This surgery is a full year recovery. Swelling is the last issue to resolve and can be 6-12 months for any foot surgery. I’m happy to see you at any time during the scheduled visits or unscheduled visits if you have questions/concerns. *Thank you and I will take excellent care of you!*

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.