

Note to out of town patients:

If you are considering a syndesmosis bunionectomy and are coming from out of state or out of country, there are certain things you should know.

The most important factor is obtaining a relationship with a **local podiatrist or orthopedic foot surgeon** who can do after care. You'll need to call around and ask for someone who will do postop bunionectomy care. You will need to get an email address that I can contact them with. You can ask me for some practitioner suggestions if you're in the US.

My email address is djichi@uw.edu.

Your aftercare visits will be at 1 week, 2 weeks, one month, 2 months, 3 months, 5 months. This can be split up between our office in the Bellevue area and your local office. The more I get to see you, the better.

Insurance coverage: We will help check on insurance coverage. Self pay amounts are roughly \$5000 for one foot and \$9500 for two feet.

Phone Consultation

You will want to do at least a **phone consultation** and more preferably an **in-person consultation** before the surgery is scheduled. This will be to assess your suitability for the procedure and anesthesia and make sure this is journey you want to take. If you can get weight bearing foot x-rays and a picture of your feet (from above-while standing) on your phone, I'll have you text them to me during our phone consult.

After your surgery is scheduled, we'll schedule a:

Phone Preop

This will be a $\frac{1}{2}$ hour **phone** conversation with me about 3 weeks ahead of the surgery to make sure all is in order.

Day before surgery preop visit

We will do a $\frac{1}{2}$ hour **in-person informed consent visit** the day before the surgery. You'll sign some papers and go over last minute instructions.

After surgery

You will want to stay local (in the Bellevue area) after the surgery. You will need a place to **keep your foot elevated for 99% of the 1st three days and have someone to help you for the first weekend.** Surgeries are done on Friday. I will then see you the next Thursday for x-rays and a dressing change. The earliest that you can leave town will be Friday, the week after surgery, but the longer you stay in town, the more assured you will be of a great result.

You can call our office at (425) 283-5093 to setup a phone consultation.

Thanks!

Dr. Doug