

Preparing for your bunionectomy surgery

Once you've decided to have a syndesmosis bunionectomy, you'll have some homework.

1. Please watch the two videos at the bottom of the webpage

([http://bellevuefoot.com/the syndesmosis-bunionectomy](http://bellevuefoot.com/the_syndesmosis-bunionectomy))

One video is on general considerations of getting around after the bunionectomy and the other is more formal 'video consent' for the procedure. There is a **secret codeword** for each video and you'll need to repeat this word to me.

2. Schedule. Once you feel ready, you will need to schedule your pre-op, surgery and post-op appointments. Please fill out the included pre-op packet or receive a pdf copy by emailing our surgery coordinator at (bpsurgery@yahoo.com), once filled out, email back to us.

3. Please print out the syllabus. This can be found, as a separate pdf, at the bottom of the webpage. It's a 7 page handout that will serve as your roadmap to recovery and should be brought to your pre-op and all post-op visits.

Thanks! Dr. Doug