

Bellevue Podiatric Physicians

Outpatient Podiatric Surgery

Some general guidelines

Dr. Ichikawa and Wilson are board certified by the American Board of Podiatric Surgery in foot surgery. They have been practicing and performing foot and ankle surgery on the Eastside for a combined 40+ years. Current staff privileges are at Overlake, Swedish and Northwest Hospitals.

Scheduling: Most of the time you can have your case scheduled within 2 to 4 weeks. They are done in the morning and someone will be required to pick you up and take you home!

Your preoperative visit: About 2 weeks before your surgery we would like to see you in the office for a consent visit. This is to go over the consent with you and sometimes to further exam the foot, x-rays and even listen to your heart and lungs. The goal of this visit is to inform you of exactly what to expect from the surgery.

The Hospital stay: The night before, nothing to eat or drink after midnight. The morning of the surgery, nothing to eat or drink. You may take most regular medications with a sip of water. You will get to the hospital about 2 hours prior to the case to go over more paperwork and to have a blood test or EKG. Sometimes a podiatric surgical resident will do physical exam.

Anesthesia will be usually involve local with sedation given in your IV. Sometimes general anesthesia will be chosen. After the surgery your foot will be numb and you should have no pain at all until much later in the day. You will go home about 1-2 hours after the end of your operation. You will be taken by wheelchair to your car.

Recovery: (please have someone stay with you for the 1st 24 hours after surgery)

The first few days: We ask that for the first 3 days you act like you're in the hospital. That means foot elevation above your heart level and getting up only to go to the bathroom. How much weight you can put on the foot is dependent on the surgery itself.

Exercising the legs back and forth is very important. This will be done by a bicycle kick in the air so you can keep the foot elevated, but get some circulation to the legs. This will help prevent leg blood clots. We recommend this for 2-3 minutes every half hour for the first 3 days after surgery.

We ask that you prepare a suitable “**nest**” at home for after the surgery. This area should be close to the bathroom. TV, food, remotes, videos, books and a bell to ring for servant's help should be close at hand!

Driving: This really depends on the surgery and whether the left or right foot was done! We will talk to you specifically about this, but would not like you driving to your first postop appointment.

Return to work: This also depends on the surgery and type of job. Some patients return after a few days and some after many weeks. This determination will be made with you on an individual basis.

Postoperative appointments: We always want to see you within the first week after surgery. This will be to take x-rays, change the dressing and evaluate your pain and healing status.

The second appointment in two weeks after surgery will usually involve suture removal.

We then see you about 4 weeks after surgery to evaluate healing and progression to normal weight bearing.

At each visit we try to double the time between appointments.

If you have any more questions, We would be more than happy to answer them. Give us a call at our office! (425) 283-5093