

## 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.

**Option #1:** The most important factor is obtaining a relationship with a **local podiatrist or orthopedic foot surgeon** who can do after care. This has traditionally been the most difficult part. You'll need to call around and ask for someone who will do postop bunionectomy care. Let them know that I do a standard fee splitting with them, so they will get reimbursed for their services. You will need to get an email address that I can contact them with.

My email address is [djichi@uw.edu](mailto:djichi@uw.edu).

Your aftercare visits will be at 1 week, 2 weeks, 6 weeks, 3 months, 6 months, one year. 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!

**Option #2:** We have done remote visits for postop care and obtained x-rays through a local radiology clinic. This is not the best care, and there is a chance you will have to be seen urgently at an ER or Urgent care. Your results could be compromised. It is an option I have done several times in the past, but prefer not to.

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

### Telemedicine Consultation

You will want to do at least a **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.

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

#### Phone Preop

This will be a ½ 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 ½ hour **in-person informed consent visit** the day before the surgery. You'll sign some papers and go over last minute instructions. This is usually on a Thursday morning, before a Friday surgery.

#### 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 1<sup>st</sup> 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 will obviously want a friend or family member to come with you to Seattle/Bellevue!

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

Thanks!

Dr. Doug