



**John Kennedy, MD, MMSc, MCh,
FFSEM, FRCS (orth)**
Professor of Orthopedic Surgery
Chief, Division of Foot and Ankle Surgery
Department of Orthopedic Surgery

Welcome to Foot and Ankle Surgery

Dear Patient,

Thank you for choosing me as your orthopedic surgeon. Here at NYU Langone, our aim is to continuously push the boundaries of surgical innovation. My goal is to see my patients achieve the greatest quality of life, whether returning to sport or wearing high heels again. The most important person on our team is you, the patient. Your active participation and willingness to recover is critical in ensuring the best possible outcome after surgery.

Attached is a guidebook with: pre and post-operative instructions for surgery. Please make sure you read it thoroughly. Make sure you have NYU's mobile app downloaded as this will be the portal you can use to communicate with my team directly.

My team and I look forward to assisting you throughout your surgical journey. You can reach the office from 8am-4pm Monday through Friday. For any urgent needs or concerns during the evening hours or weekends, please call our office at 929-455-2670 and our answering service will contact me directly in a timely manner.

Sincerely,

Dr. John G. Kennedy MD, MCh, MMSc, FFSEM, FRCS(Orth)
Professor of Orthopedic Surgery.
Chief Division Foot and Ankle Surgery,
Department of Orthopedic Surgery.
NYU Langone Health
171 Delancey, Suite 259
New York NY 10002.



Pre-Operative Instructions

Check-in Location:



Outpatient Surgery Center (OSC)

339 East 38th Street, New York

Phone: (212) 263-1515

**Parking Garage: 1st Ave (btw.
38th and 39th Street)**



Joan H. & Preston Robert Tisch

Center at Essex Crossing

**171 Delancey Street, btw Clinton St
and Ridge St**

Phone: (929) 455-2628

Parking: 240 East Broadway

You will receive a pre-op phone call the day prior to your procedure confirming the location and arrival time. You will also be provided final instructions on when you should stop eating and drinking.

If you have not been called to be provided with an arrival time by 4:00PM, please call the phone number to the facility where you are scheduled listed above.

You are able to check yourself in for surgery but an adult (18 years of age or older) must be present upon discharge to accompany you home.



Pre-Operative Protocol

The following information is provided to answer common questions asked by patients prior to surgery:

***Medical Clearance:** All pre-admission testing and medical clearance, if required, needs to be received by the office at least three business days prior to your scheduled surgical date. The office fax# is 929-455-9260. It is important that you inform the office of all medications you are taking on a regular basis. Consult with your primary care physician about any medications you may need to take the morning of surgery. All patients will require a negative PCR 3-5 days before surgery, please see next page for further detail.

***Prescriptions:** Pharmacies no longer allow for narcotics to be called in. Therefore, medications are typically prescribed on the day of surgery. Make sure that the pharmacy on file is up to date and this is confirmed upon checking in the morning of your surgery. In the case that you require a refill post operatively, please notify the office 24-48 hours in advance.

***Evening prior to your surgery:** A nurse will call you either the Friday or Monday before your surgery between the hours of 2PM- 8PM to give you the arrival time for your surgery. They will also give any additional pre-op instruction at this time. There is no eating or drinking after midnight prior to surgery.

Guest Services:

Below is the contact information for guest services which can provide you further information about services available at NYU Langone including:

- Directions and assistance finding your way throughout the hospital
- Car service reservations and help with other transportation needs, such as valet parking and **parking garage options**, as well as mass transit information and directions
- Hotel and restaurant reservations
- Notary public services
- Sightseeing and special event information including museums, theater, art and music in New York City

Phone: 212-263-2092

Email: hospitality@nyumc.org

Website: <https://nyulangone.org/patient-family-support/guest-services>



COVID-19 Testing

You are required to take your PCR COVID **test 3-5 days before your surgery**. An order will be placed in your chart. Once the order is in, there are two ways of scheduling your COVID test:

1. Through the NYU Langone app (downloaded from the App store)
2. By calling 646-987-3523 and scheduling over the phone

You can schedule the test a week prior to your surgery.

If you are having surgery on:

Tuesday: schedule your test for the Friday or Saturday before.

Thursday: schedule your test for the Monday before.

We highly encourage all surgical patients to be tested at NYU Langone as results come back 24-36 hours after testing and are in our system automatically. You are able to get tested at the sites listed on the following page.

If you are traveling from out of state:

1. You must have a PCR done 3-5 days before surgery
2. A formal lab result must be faxed to the office (F: 929-455-9260) the latest, the morning prior to surgery.
3. Rapid tests are not accepted

In the case that you test positive for COVID-19:

1. You must quarantine for 10 days since the date your test was resulted
2. After 10 days, if you are asymptomatic, you are able to proceed with surgery
3. You do NOT need to retest again

*** You are not able to have surgery at NYU without a negative PCR test present the day prior to surgery***



NYU COVID-19 Testing Sites

Manhattan

Tisch Hospital

550 First Avenue

Ground Floor Medical Science Building

Due to construction, when you arrive at the medical center, please follow the signs to be directed to our testing center.

Testing hours: Monday through Saturday, 7:00AM–7:00PM

NYU Langone Ambulatory Care Center East 38th Street

240 East 38th Street

Testing hours: Monday through Friday, 9:00AM–5:00PM

Brooklyn

NYU Langone Hospital—Brooklyn

Respiratory Screening Center

159 55th Street, First Floor

Testing hours: Monday through Friday, 7:00AM–7:00PM

Queens

NYU Langone Ambulatory Care Rego Park

97-85 Queens Boulevard

Testing hours: Monday through Wednesday, 8:00AM–1:00PM; Thursday and Friday, 8:00–11:00AM

Long Island

NYU Langone Hospital—Long Island

222 Station Plaza North, Suite 110, Mineola

Testing hours: Monday, Wednesday, and Friday, 8:00AM–6:00PM; Tuesday and Thursday, 8:00AM–8:00PM; Saturday, 9:00AM–5:00PM

NYU Langone Ambulatory Care Lake Success

2001 Marcus Avenue, Lake Success

Testing hours: Monday through Friday, 9:00AM–5:00PM

NYU Langone Huntington Medical Group

180 Pulaski Road, Suite E1-800, Huntington Station

Testing hours: Monday through Friday, 9:00AM–4:00PM



Day of Surgery

***Dress Code:** It is recommended that you wear loose fitting and comfortable clothes the day of surgery and leave all valuables and jewelry at home.

***Footwear:** Please wear a comfortable and a supportive shoe for your un-operated foot.

***Eating & Drinking:** No candy or gum. You can have a few sips of water if you need to take medication the morning of surgery.

***Insurance Card & ID:** Please remember to bring your *health insurance card, one form of legal picture identification or photo ID, in addition to any assistive device you may need after surgery.*

***Escort post op:** You are required to have an adult escort (18 years of age or older) upon discharge to accompany you home. Please provide a contact phone number of your escort person on the day of surgery.

***Visitor policy:** You are allowed to have one person come in with you for surgery until you are ready to be taken in for surgery. Once the surgery is completed, they will be contacted by hospital staff and will be allowed to see you in the recovery room.

Anesthesia

The anesthesiologists at NYU Langone play an important role in your upcoming surgery-administering anesthesia to ensure your comfort and safety. On the day of your surgery the anesthesiologist will meet with you to discuss the type of anesthesia you will be having and discuss his or her plan for you during the procedure. The majority of our patients will be administered a Regional Block for their surgery. The Regional Block consists of a spinal/epidural block, which is an injection of anesthetic into the lower back and a popliteal block, which is an injection of a long lasting anesthetic directly into the leg. Please keep in mind that the popliteal nerve block of the leg does last anywhere from 24 to 72 hours so feeling a period of numbness is normal.

Immediate Post Operative Instructions

- **Dressing:** Depending on your procedure, you will either leave the hospital with a splint or in a primary dressing with a post op shoe. The hospital will discharge you with crutches, if you have your own you would like to bring- please do so. Patients are to be non-weight bearing until their first post op appointment *unless* otherwise instructed. The splint should remain dry and intact until your first post-op visit. If you feel that your splint is too tight, please call the office and instruction will be given on steps going forward. The first post-op visit typically occurs at the two week mark post surgery.

- **Elevation:** Is important throughout your recovery, but is imperative in the first 72 hours when swelling is most likely to occur. Elevation should be above the level of your heart. If you are sitting up, be sure that your leg is on pillows or a chair. What you are doing is fighting gravity which naturally pulls the fluid down, so the main goal is to never have your foot as the most dependent part of your body. You may get up and move around, but when you start to feel throbbing or tightness, rest and elevate the affected lower extremity. It is important to know that swelling will continue for months after the surgery, albeit not as severely. Our calf muscles play a great part in pumping our blood back into circulation from the feet and legs, so for as long as you are non-weight bearing, these muscles will be inactive, leaving gravity unopposed.

- **Ice application:** Works in tandem with elevation to decrease swelling and is most important in the initial days following surgery. Whenever you are able, you should use it; at least three times daily. Some patients find ice machines helpful during their recovery, these can be found online or in a surgical supply store. Applying ice 10-15 minutes each time, 4-6 times a day is advisable.

- **Medications that you may be given include:**

1. **Percocet (Oxycodone):** Take for the first 5 days post-surgery. You may take 1-2 pills every 4-6 hours, as needed for pain. Keep in mind that you may not take more than 12 pills per day.

2. **Zofran (Ondansetron):** Is an anti-nausea medication that also helps to increase the effects of the Percocet. Take 1 pill every 12 hours (when awake) while taking Percocet. You may continue after stopping Percocet if you continue to experience nausea.

Please be aware that Percocet is a narcotic and by nature, can cause side effects including nausea and constipation. It is a combination drug, which includes acetaminophen (Tylenol), so it is important that you do not supplement with additional Tylenol. It is actually the Tylenol in them that restricts the number you may take in a day, as it can be toxic to the liver in large quantity. You should drink plenty of water and may do well in taking an over-the-counter stool softener (e.g. Colace).

- You may take Advil (ibuprofen) in between Percocet doses for breakthrough pain. You may also take Tylenol (acetaminophen) but remember that each Percocet tablet has 325 mg of Tylenol. The maximum dose of Tylenol per day is 3,000mg.
3. **Fever:** Fevers of up to 101.5 degrees in the first 48 hours after surgery is not uncommon and sometimes occurs. If the temperature goes higher than that, please call the office.



Medication/Refill

1. You will be discharged with pain medication and a stool softener. Please follow the instructions regarding these medications as provided by your nurse at the hospital. Please note that most narcotic pain medications have side effects that may include nausea, vomiting, sedation, dizzy spells, and/or constipation. If you experience any of these side effects to a severe extent, you should contact our office.
2. If you are suffering from constipation following your surgery, you may try taking both a stool softener and laxative together. A high fiber diet, as well as adequate hydration is also advised.
3. Please note that effective 8/27/13, a new New York State law entitled I-STOP goes into effect. The I-STOP law requires me to consult New York's Computer Registry before doing any narcotic pain prescription. The purpose of this law is to avoid any duplicate narcotic prescriptions or prescriptions from multiple providers for patients. What this really means is:
 - **Pain medication cannot be renewed over the weekend or after business hours** and we will no longer have the ability to call emergency narcotic pain prescriptions in to pharmacies.
 - **Requests for pain medication can only be accepted during the hours of Monday-Friday from 9-4**, but please make every effort to call before noon on Fridays, to ensure we have enough time to consult the database and complete your request before the weekend.
 - We will make every possible effort to fill requests as soon as possible, but it will likely **take 24 hours to process prescription requests**.
 - Please **do not wait until you are down to a few pills to call for a refill**, as we cannot deviate from the process required by the I-STOP law. Leave yourself at least a few days of reserve before calling to request a refill to ensure you have adequate pills.

Frequently Asked Questions

1- “How can my pain medication be refilled?”

- Send a message via MyChart
- Call the office and the message will be passed on to our clinical team
- *Notifications must be given 24 to 48 hours in advance to give ample time. Please be aware that if you call the office for same day refill, they will be put in after clinic hours (4PM).*

2- “I’m having an adverse reaction to the medication what should I do?”

- If you find yourself having any adverse reactions to your medication, please call the office during office hours. If it is after hours, call the office and you will be rerouted to the answering service.

3- “Where are some suggested post-operative devices?”

- **KNEEWALKER:** For the knee walker please contact kneewalkercentral.com or call 800-893-1264.
- **ICE MACHINE:** find online (DonJoy Ice Man or Game Ready Ice Machine)
- **SEALTIGHT:** Cast/Bandage Protector to keep the cast/bandage protected during taking a shower. Available in surgical supply stores or Amazon.
- **CRUTCH BUDDY:** Covers pads for the upper portion of the crutches are available through manufacturer 530-7-CRUTCH or www.crutchbuddies.com or in any surgical supply store.

4- “When is my 1st post-operative follow up?”

- Your first follow up appointment after surgery will be 10 to 14 days after surgery. Your splint and sutures will be removed, X-Ray will be taken if needed and you will be transitioned into a post-op shoe/boot. The first appointment will be with Dr. Kennedy’s nurse practitioner.

5- “How many post-operative visits do I get?”

- The global surgery period is 90 days, so any visits falling in between the date of your surgery and 90 days afterwards.

6- “How can I schedule my pre-operative tests if my doctor cannot see me?”

- Call and make an appointment with NYU Pre Admission Testing (PAT)
 - Phone: 212-263-5985
 - Address: 240 East 38th Street, Mezzanine Floor, New York, NY, 10016

7- “Can I change my surgical dressing? What do I do if my dressing or cast gets wet?”

- Do not change or remove surgical dressings before your first post-operative visit. If you feel that your splint is too tight or is wet, please call the office and come in to have it reinforced/rewrapped.

8- “I need medical assistance and it is afterhours”

- Call the office and you will be transferred to the answering service.



9- General post-op questions:

- Send all questions via MyChart
- For urgent questions, call the office between the hours of 8AM-4PM.
- For post op protocol (regarding increasing weightbearing, at home exercise, and PT) please visit our website: sportsmedicinewyork.com → patient info → patient surgery binder → post-op protocols

[Dr. Kennedy Website: sportsmedicinewyork.com](http://sportsmedicinewyork.com)

- 1) You can find this booklet on our website
- 2) For post-op protocols (regarding **increasing weight bearing, at home exercise and PT**) you can find this under
 - Patient info → patient surgery binder → post-op protocols



MYCHART

The most efficient and preferred method of communication with Dr. Kennedy and his staff is to use MyChart. Your message is secure and documented in your medical record. Please send all messages to Dr. Kennedy and he will route to his team accordingly. If you do not have access to a computer or smart phone, you may call his office at 929-455-2670

BENEFITS OF MYCHART

- View your test and lab results
- Access your medical records, medications, immunizations, and more
- Schedule appointments
- Request prescription refills
- Send secure messages to your doctor's office
- Access your billing statements and make payments

SET UP YOUR ACCOUNT

Visit mychart.nyulmc.org and click **Sign Up Now** to create your username and password or download the app from iTunes.

Once you have created your username and password using a desktop or laptop computer, download the MyChart App on your Apple or Android device. Select MyChart NYU Langone Health

SECURITY OF YOUR HEALTH INFORMATION

MyChart is password-protected and encrypted. This means your information is safe and secure from unauthorized access.

QUESTIONS

If you have questions about using MyChart, please call 866-262-6458