When Should You See a Foot & Ankle Surgeon?
If You’ve Got a Problem in Your Foot or Ankle . . .

- See an expert – a foot and ankle surgeon
- What is a foot and ankle surgeon
- What does this specialist do?
- When should you make an appointment?
What is a Foot & Ankle Surgeon?
Foot & Ankle Surgeons are Specialists

- Surgical specialists of the podiatric profession
- Provide complete medical & surgical care
  - For various conditions
  - For people of all ages
Highly Educated & Trained

- DPM degree from 4-year podiatric medical school
- Intensive postgraduate residency
  - Concentration on a high volume of foot & ankle cases
- Those who are board certified by ABFAS
  - Have demonstrated expertise in foot & ankle surgery
- Are eligible to become a Fellow member of ACFAS
What Do Foot & Ankle Surgeons Do?
Diagnose…Treat…Advise

- Diagnose and treat a wide range of problems in the foot & ankle
- Advise on how to prevent or minimize further problems
Can Possibly Detect Underlying Diseases

- Can detect underlying diseases with warning signs in lower extremities
- Don’t treat these conditions, but can uncover them
Resolving Problems Non-Surgically

- Most foot & ankle problems are resolved non-surgically
- Surgery is recommended only when:
  - Other options are not feasible
  - Other options do not adequately relieve the problem
Just a Few of the Problems Treated

- Bunions & hammertoes
- Heel pain (such as plantar fasciitis)
- Arthritis in the foot/ankle
- Sports injuries
- Broken bones
- Tendon disorders
- Diabetes complications
- Achilles tendon issues
- Ingrown toenails
- Neuromas
- Tingly feet
- Dermatological conditions
- Many more!
When to See a Foot & Ankle Surgeon
Pain or Discomfort in Foot or Ankle

- Sharp or dull or achy
- Numbness or tingling
- Constant or intermittent
Changes in Appearance of Foot or Ankle

- Growth or lump
- Swelling
- Discoloration (bruising or redness)
- Abnormality, for example:
  - Lower arch
  - Hammertoe
  - Bunion
Certain Medical Conditions

- Diabetes
  - Periodic foot exams are a must
- Arthritis
  - Different treatment options available
Unhealed Sore on the Foot

- Often associated with diabetes
- Can be due to other reasons
- Important to seek prompt attention
Injuries

- Sprains, fractures, torn tendons
- Require emergent care
- Follow up with your foot and ankle surgeon to ensure:
  - Accurate diagnosis
  - Best treatment
  - Optimal recovery
For Good Outcomes for Your Feet, Get Professional Care

(Place DPM contact info here)