



Foot & Ankle Surgical Packet

First, thank you for becoming part of our family and choosing us for your foot and ankle needs. This will serve as a guide for the success of your foot and ankle journey. This is not all individually inclusive but serves as a general guide for our simple and complex surgical cases. Each individual's needs may vary depending on the case.

The packet will include recommendations on exercises, nutrition, supplements, knee scooters and how to conquer foot and ankle surgery.

Your pre-surgical visit or formal surgical planning visit is an opportunity to ask all of the pertinent questions as it pertains to your upcoming surgery and recovery. Please be aware that we are always on-call for you by cell phone and/or email. Please do not hesitate to ask the staff for assistance in making your upcoming event a success.

This website has great general information for recovery through foot and ankle surgery:

<https://www.footcaremd.org/resources/how-to-help/how-to-prepare-for-foot-or-ankle-surgery-part-1>

Sincerely,

Dr. Jeffrey E. McAlister and the PFAI Team