

## Things to know before your visit with Dr. Krause:

- \* Bring prior films with the report (x-rays, MRI, CT Scan or Bone Scan). Not bringing the films/report may delay your treatment until they can be obtained.
- \* PLEASE ARRIVE A HALF HOUR PRIOR TO APPOINTMENT TIME. This insures that you will have ample time to complete all paperwork. Please be aware that if you arrive late for a scheduled appointment, out of consideration for the patients who arrive on time, you will be worked into the schedule. This means, that you will be seen, but you might have a long wait.
- \* If additional test/procedures are needed, we encourage patients to have them done at our facility. (This also will depend on your insurance). Our staff will set up the appointments and check with insurances.
- \* Dress Appropriately. For problems regarding the lower extremity, it is frequently easier to wear shorts or loose fitting pants. If you do not do so, they will be provided for you.
- \* Please make sure you have a current list of all your medications & drug allergies, as well as your insurance card when you check in for your appointment. **Please inform the staff if you have an allergy to latex.**
- \* A questionnaire is enclosed. You can also find it on our website: <http://www.toc-stl.com/doctors/krause.htm> The digital form can be emailed to [mobilitymatters@toc-stl.com](mailto:mobilitymatters@toc-stl.com) with the appt date as the subject (SUBJECT: appt 6-1-06)
- \* Write down questions for the Doctor in advance. Having this ahead of time prevents missing any questions that you might have.
- \* Dr. Krause and his staff strive to meet the individual needs of each patient. Unfortunately, we are unable to predict when a patient will have an accident and require an emergency appointment or surgery. This may cause Dr. Krause to run behind schedule. If this is the case, you will be offered the opportunity to reschedule your appointment. Dr. Krause and his staff appreciate your cooperation and patience. Please call in advance if you have specific questions about the appointment (314-336-2555). [www.toc-stl.com](http://www.toc-stl.com)

## Surgery Informed consent checklist for patients Dr. John Krause

- Why is the procedure being recommended?
- What are the alternatives?
- What are the risks involved?
- What is the procedure called? How is it done?
  - \_\_\_\_\_
- What will happen if I do NOT do surgery?
- What kind of anesthesia will be used for the procedure?
- How long will recovery take?
- When will the sutures be removed?
- What will be my restrictions after surgery?
- Can I drive after surgery?
  - Driving following surgery commonly is a legal issue instead of a medical issue. At a minimum, you MUST be in control of the vehicle and able to slam on the brakes.
  - Frequently, operating a motor vehicle will not compromise the medical outcome but is still discouraged due to liability reasons.
  - You should **never** drive a vehicle with a cast, splint, or boot on your right foot.
  - Discuss this with Dr. Krause if you have specific questions.
- When can I return to work?
- Do I want a second opinion?
- Place: \_\_\_\_\_
- Date: \_\_\_\_\_
- Follow-up Appt: \_\_\_\_\_

## Post Operative Infections

Dr. Krause and his staff are very concerned about the risk of post-operative infection. As a general rule, orthopedic surgical procedures have an approximate 1% infection rate. That means that out of 100 surgical incisions, one will develop a deep infection possibly needing another surgery to clean the wound, and potential long-term (6 weeks) antibiotics.

The infection risk increases for the following situations:

- Revision operation (2<sup>nd</sup> or more operation at the same site)
- Prolonged operation
- Multiple procedures
- Diabetes or other chronic diseases
- Medications: Prednisone, Methotrexate, Cancer treating meds
- Tobacco use (Smoking or chew tobacco)

As with most orthopedic surgical procedures, Dr. Krause uses prophylactic (pre-emptive) IV antibiotics prior to making any skin incision. He will occasionally continue oral antibiotics for 7-10 days if he feels the patient is at high risk. A side effect of taking antibiotics for a prolonged period of time is diarrhea. Studies have shown that taking a probiotic containing L Casei, L bulgarius, or L thermophilus may help to prevent diarrhea associated with antibiotic use. Probiotics, such as Sustenex, are sold over the counter in the pharmacy department. In addition, DanActive yogurt by Dannon has been shown to decrease diarrhea. Probiotics should be taken within 48 hours of starting the antibiotic and you should continue to take them for one week following discontinuation of antibiotics.

Dr. Krause will shave the operative site if hair is present (studies show the shaving with clippers, instead of a razor, immediately before the surgical prep is the best way to lessen the chances of contamination of the wound with bacteria).

Foot surgery potentially has a higher risk of infection due to contamination around the nails and between the toes. As such, Dr. Krause encourages patients undergoing foot/ankle surgery to take steps to lessen the infection risks. These include the following:

- Trim nails 48 hours prior to surgery
- Wash foot & leg (up to the groin) with Hibiclens\* antimicrobial solution daily for 3 days prior to surgery including the morning of surgery. **Do NOT get the Hibiclens in your eyes!**

\*Hibiclens is the trade name for 4% Chlorhexidine. It is an antimicrobial soap that is used for surgical preps. An 8-oz bottle can be purchased at Walgreens for \$9.99 + tax. Our office can supply a 4-oz bottle for \$7.00 Insurance will NOT cover the costs of Hibiclens. Please discuss this with Dr. Krause if you have any questions.