



David Lee, D.P.M.- Foot & Ankle Surgeon

Traveling to Arizona for Surgery

Now that you've decided to travel to Dr. Lee for surgery, here are the instructions to begin the process. The process is divided into 4 phases:

- A. Figuring it Out- Sending information to Dr. Lee and speaking with him prior to surgery
- B. Preparation for the Day- Setting the date for surgery, arranging insurance or payment for surgery, Arrange for accommodations
- C. Making it a Reality- Having the surgery
- D. After the Surgery- Taking care of your foot after surgery

It is important to follow these steps if you wish to have a great experience towards restoring your feet.

A. Figuring It Out

It is important to meet Dr. Lee to determine which technique he will use to restore your feet. Whether by phone or in-person (your choice) this step is vital and must be followed precisely. Why? Because you are unique and Dr. Lee knows that each person has specific needs, desires, and expectations. These need to be discussed before planning any life-changing event. You will need to send Dr. Lee this information PRIOR to any specific discussion. Then he will be able to give you specifics about the extent of surgery, the estimate costs, the time of healing and the typical healing time. Here we go...

1. Required clinical documents:
 - a. A clear, well exposed photo of your affected foot top and side views.
 - b. X-rays: Taken within 6 months. Must be actual copies or originals, or if your doctor has digital x-rays then you can send a CD (the doctor MUST include the viewing software that allows measurement of the angles and lengths)
2. Fill out Dr. Lee's Office Administration forms:
 - a. Patient Registration, Medical History, Insurance Assignment, Financial Policy
3. Financial Information
 - a. If you have health insurance:
 - i. An ENLARGED copy of your insurance card (front and back) and copy of your driver's license
 - b. If you are paying for the surgery then make a request for an estimated cost of surgery.
 - i. We accept Cash, Visa, MasterCard, or Cashier's check (no personal checks)
4. Set up a Phone Consultation and confirm receipt of your information- Arrange for this at least one month prior to the expected surgical date **Please note that it is expected that you call us to set up the appointment and verify that we have received your information. Please do not email this information. You must send it by mail to our office address listed below.**

Important Numbers and Information:

Office: (623) 328-8577 Fax: (623) 428-0363
Email: DrLee@Leepodiatry.com

Please send ALL information to our Surprise office. No materials via email are accepted.
Arches Foot Institute
18731 N Reems Rd, Suite 640, Surprise, AZ 85374

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Okay! Now you are ready to talk with Dr. Lee for a special one-on-one conversation about YOU. We'll figure out what needs to be done to Restore your feet, how long the procedure will take, how long you will need to spend in Arizona, estimated time to complete recovery, and what to do next. We're certain that you will come out of this phone call excited and hopeful.

Ready? Let's go to the next phase...

B. Preparation for the Day

Now that Dr. Lee knows what he needs to do to Restore your feet. It's time to make preparations for The Day. You need to call his surgical planner, set the date, then start making arrangements to travel, accommodations, surgery finances and post-surgery follow up visits. Here's the check off list...

1. Set the date- Call (623) 328-8577 and ask for the surgical scheduler. This should be done well in advance (3-4 weeks) to allow time for insurance authorization and convenient surgery dates
2. Arrange for travel to Arizona
 - i. Arrange to fly to Sky Harbor Airport (PHX). Our Office is in Surprise, Arizona approximately 45 minutes from the airport.
 - ii. Length of Stay: Consult Dr. Lee for the exact length of stay in Phoenix. As a guideline...
 1. Brachymetatarsia patients need to plan on staying 7-10 days
 2. Bunion / hammertoe patients need to plan on staying 4-5 days
 - iii. Hotels: We have found that each person has specific expectations and financial considerations regarding hotel and flight arrangements. Therefore, we do not assist in any travel arrangements. We suggest that you use www.Yahoo.com travel section or another travel company to find a hotel location within a close distance to the surgery center or office. Some of the best prices have been found on www.Hotels.com .
 1. Surgery center locations:
 - a. Insurance: Arrowhead Hospital, Glendale, Az.
 - b. Cash/Credit: Metro Surgery Center, Glendale, Az
 2. At your hotel you want to make advanced arrangements for getting ice to your room. Arrange with the concierge to have ice delivered to your room when needed.
 3. It's nice to have a room with a refrigerator so you can store some foods and beverages.
 4. Before making hotel arrangements, ask the hotel whether they are close to any grocery stores, convenience stores and restaurants so you can get easy access to these places.
 - iv. ****You must arrange for another person to travel with you to and from the surgery center. The surgery center will not allow any surgeries unless you have another adult accompany and provide transportation for you. We recommend that you have someone stay with you for at least the first few days**
 - v. ****You must be present for the pre-operative consent appointment which occurs 1 day prior to the surgery.**

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- vi. Arrange for transportation: Rental car is best. Talk with the surgical planner to see where your surgery will be at.

3. **Get Medical Clearance (No Exceptions):**

- i. Arrange with your general practice doctor for a full history and physical and lab work. This should be done approximately 1-2 weeks prior to the surgery, unless you have a health history that is complicated and requires extensive clearance. (If you're on more than one medication or if your medical condition is complex then talk to Dr. Lee to determine what type of clearance you need.)
- ii. Notify Dr. Lee's office of your doctor's contact information so he can send them the request for surgical clearance.

4. **Post-Surgical Follow Up (No Exceptions):** Dr. Lee prefers that you follow up with him after the surgery until you are healed. Please see "Post-operative Follow Up" info sheet.

- i. If you are unable to return to Phoenix for follow up and final discharge to full activities then you should arrange for follow up with a doctor in your area. **You must make arrangements with a surgeon in your area BEFORE arriving in Phoenix for surgery. If you do not have a pre-arranged appointment with a surgeon by the day of surgery, Dr. Lee cannot perform the surgery and will be forced to cancel the surgery even if you have already flown to Arizona,**

Now your ready for The Day...

C. The Day

Well you've made it this far and have anticipated this day for many years. You are going to fly into Sky Harbor Airport in the morning one day prior to surgery. Typically you will go to Dr. Lee's office for consent in the afternoon. You should have received the copy of the Consent forms along with prescriptions that you should have filled while at home. Therefore the consent process will be fairly quick so you can get back to your hotel, eat and rest for the upcoming surgery.

D. After the Surgery

When the surgery is over your foot will be numb from the anesthetic. You should start taking your pain medications the moment you get back to your room. Pain medications take over an hour to start working so it's better to build up the levels of pain medication in your body BEFORE the numbing wears off. Take your prescriptions as directed by Dr. Lee. If you should need help or have questions please call Dr. Lee right away. Don't wait. Dr. Lee is always very concerned about your care and will give you his personal cell phone number the day before the surgery so you should contact him without hesitation.

You will see Dr. Lee for at least one post-operative visit and then he will clear you to go home. If you have chosen not to follow up with Dr. Lee then you should see a doctor in your area that will see you for follow up management of your surgery. You should have arranged for this prior to coming to Phoenix to make certain that they are willing to do this. Dr. Lee will provide written instructions for your post-operative care. If there are situations that arise regarding your care for which you have questions always contact Dr. Lee to have them properly answered.

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