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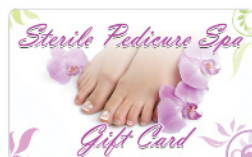
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## FOOT NOTES NEWSLETTER

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every month this newsletter will provide you with information and resources that are beneficial to your foot and ankle needs. Please feel free to forward this free newsletter to anyone you think will benefit from its content. Your feedback and editorial contributions are always welcome. Please send them to [brendan@atlanticfeet.com](mailto:brendan@atlanticfeet.com)

VOL. 4 ISSUE 3

NOVEMBER 2012



## TRUE or False

*My Feet Will Hurt So Much After Bunion Surgery!*

Brian Fallon, DPM



Most patients are pleasantly surprised that the pain they experience after bunion surgery is not nearly as severe as they were lead to believe it may be by family members or friends. The pain experienced after the surgery can be minimized by following a few simple instructions regarding postoperative care.

- Elevate the foot above the level of the heart
- Apply ice around the clock for the first few days after surgery
- Remain off the foot as much as possible for the first few days after surgery

If these things are done consistently after surgery, most patients find that they will only require pain medication for the first couple of days after surgery and after that point narcotic medications are not necessary.

Pain is, of course, subjective and all patients experience after surgery is different, but for most patients after bunion surgery this is what they will experience. The patients who get in to trouble with pain after the procedure are those who think the surgery is "no big deal" and walk on their foot too much the first few days after the procedure. This will lead to increased swelling, pain and prolonged healing time. As with most things in our society today, technological advances have lead to new and improved techniques for bunion surgery.

The doctors at Atlantic Foot and Ankle Specialists are highly trained in the most advanced technologies regarding bunion surgery. This allows us to provide our patients with the best possible results, along with less pain and a faster return to work and athletic activities.



Atlantic Foot & Ankle is collecting toys this year for Toys for Tots. You can drop off any donations to either the Savannah, Hardeeville or Statesboro office locations through December 14th. Let's all dig deep and make sure the less fortunate have a happy holiday!



All of the doctors of AFAS had a great time at the Savannah Masquerade Ball. Check out our Facebook page for more fun pictures!



# Diabetic Recipe of the Month

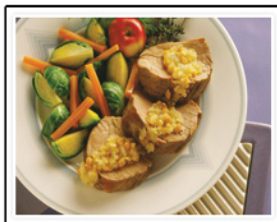
## Applesauce-Stuffed Tenderloin

### Directions

1. Heat oven to 425 degrees F.
2. Using a sharp knife, form a "pocket" in each tenderloin by cutting a lengthwise slit down center of each almost to, but not through, bottom of each tenderloin. Place tenderloins in shallow roasting pan.
3. In small bowl stir together apple juice, applesauce, peanuts, fennel, salt and pepper.
4. Spoon mixture into pocket in each tenderloin. Secure stuffed pockets with toothpicks.
5. Roast for 20 minutes until internal temperature on a thermometer reads 160 degrees F. and let stand 5 minutes before slicing to serve.

Serves 6

Recipe from  
DiabeticGourmet.com



### Ingredients

- ~ 2 pork tenderloins, 1 pound each
- ~ 1/4 cup apple juice, OR vermouth
- ~ 2/3 cup chunky applesauce
- ~ 1/4 cup dry roasted peanuts, finely chopped
- ~ 1/4 teaspoon fennel seed, finely crushed
- ~ 1/4 teaspoon salt

### Nutritional Information (Per Serving)

**Calories:** 200 **Sodium:** 170 mg **Chol:** 100 mg  
**Fat:** 5 g **Carbs:** 4 g  
**Protein:** 32g **Dietary Fiber:** 0g

## SHOE MAN RUNS AGAIN!



Once again for the Savannah Bridge Run (Dec. 1st.), Shoe Man will conquer the bridge, all while raising awareness of Atlantic Foot & Ankle's donation shoe program. All shoes go to local shelters and charity organizations. You can drop any donation shoes off at any Atlantic Foot & Ankle locations, as well as Fleet Feet Savannah.

### Our Services

- Ingrown Nails
- Heel / Arch Pain
- Hammertoes
- Bunions / Toe Deformity
- Neuroma / Warts
- Foot / Ankle Injury
- Plantar Fasciitis/ Tendonitis
- Intoeing/ Outtoeing/ Flatfoot
- Diabetic Foot Care
- Arthritis: Gout/ Rheumatoid
- Corns & Calluses
- Custom Orthotics
- Sports Injuries
- Shockwave Therapy (ESWT)
- Laser Nail / Wart Treatments
- Sterile Pedicure Spa
- Vascular Studies
- Digital X-Rays
- Shoe Store
- Wound Care Clinic
- Cysts & Tumors
- Gait Analysis ... and more!

## free book on Diabetes and Your Feet

Call 888-572-2325

The number one reason diabetics are hospitalized in the United States is foot infections! Know the risks and complications before it's too late!

**NO OBLIGATION!**

For a FREE COPY of **Diabetes and Your Feet** just fill out this form and return it by mail to our office: **Atlantic Foot & Ankle Specialists**

803 East 68th St  
Savannah, GA 31405

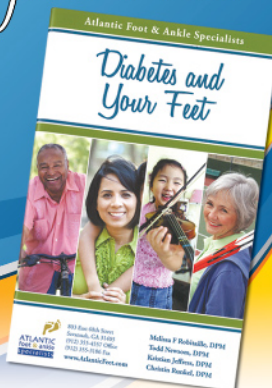
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