



Pre-Operative Instructions and Information

Patient Name: _____ Date: _____

Surgery Date: _____ Surgery Time: _____ Arrive At: _____

Please Read and Follow These Instructions Carefully

1. Do not cut your toenails and do not shave your legs three days prior to surgery. **Make sure your feet are clean**, especially the nails. Do not apply any powder or lotion. Remove all nail polish on toes prior to surgery. Also the left index finger must be free of nail polish for proper monitoring by the anesthetist. Do not wear any jewelry or metal on your skin or in your hair. Leave all valuables at home. Bring only your insurance card and a form of identification.
2. Notify your doctor of any cuts, scrapes, or infected bites that develop on your foot or leg the week prior to surgery.
3. Should you develop and signs of symptoms of illness before your surgery, please notify your doctor. The doctor should be aware of any sore throat, earache, abdominal illness or fever that may occur in the week before surgery.
4. **Do not eat or drink ANYTHING after midnight the night before surgery.** Do not drink coffee the morning of surgery; not even a piece of toast is permissible. You may be instructed to take certain medications. Drink fluids as late as possible before midnight to ensure better hydration
 - a. If you are on medication(s) for diabetes, **DO NOT** take your medication(s) unless directed to do so. **Please bring your diabetic medication(s) to surgery.**
 - b. If you are on any inhalers please use as directed and **bring your inhaler to surgery**
 - c. If you are on medication for acid reflux or hiatal hernia, please **take your medication as usual.**
 - d. If you take medication for high blood pressure, please take your medications as usual.
5. **You may take these medications with a sip of water (less than ¼ cup) the morning of surgery:**
You must have an empty stomach unless otherwise directed.
6. Make arrangements to have a responsible adult to drive you to and from surgery. We ask that this person remain at the Surgery Center during the surgery. You may not drive yourself home from surgery. **Your surgery time may change.** The Surgery Center will call you the day before surgery to review instructions and to verify your surgery time. Please plan to be at the Surgery Center for a minimum of 3 hours.
7. Make arrangements for a responsible adult to be with you for the first 24 hours after surgery
8. If you need a wheelchair, make arrangements for this prior to surgery so you will have it at home when you arrive.
9. Discuss with you doctor any anticipated plans with regards to special activities, events or travel following surgery.
10. Wear loose fitting clothes, nothing restrictive. This is very important as you will have a bulky dressing on you foot and you will be drowsy after surgery. Baggy sweat pants and a thick short sleeve shirt are usually best because it tents to be cool in the operating room. Also, the sweats are easy to get off over the dressing. Avoid long sleeve shirts because this makes it difficult to monitor your blood pressure. If you know that you will be having a cast after surgery, it is very important to wear very loose pants or you will have to cut the pant leg to get them off over the cast. Avoid any clothes that have metal on the like zippers, metal clasps, (often found on most bras) or metal button.

If you have any question or concerns, do not hesitate to contact our nurse, at (770) 716-2685

I have read the above pre-surgical instructions and they have been reviewed with me. I understand them completely and have no questions at this time.

Patient Signature: _____ Reviewer: _____