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PRE-OPERATIVE INSTRUCTIONS FOR PATIENTS HAVING FOOT/ANKLE SURGERY

- You are about to undergo a surgical procedure to correct a foot and/ankle problem that you may have.
- It is extremely important that you follow all instructions below to ensure speedy recovery without complications and a return to normal anticipated activity levels.
- Prior to the date of your surgery a nurse, anesthesiologist or secretary, representing the institution where you will be having your surgery will be contacting you if they have not done so all ready.
- If you are having any kind of anesthesia, it is important that you do not eat or drink anything for eight hours prior to your surgery. **This means that after midnight; you will not consume drink, eat, any water, coffee, gum or breath mints.**
- You may brush her teeth in the morning but cannot swallow anything.
- If you are instructed by your doctor or anesthesiologist take medications prior to the surgery in the morning you may do so with a small sip of water.
- If you're given a prescription for pain medication, have it filled prior to the surgery date so that you have it at home to be used.
- Before the day of surgery, set up an area home where you can lie down and relax with everything you might need nearby following the surgery.
- You will need to arrive **at a minimum one hour prior to the surgery** start time. Please bring a book and/or music that you would like to listen to.
- Arrange for transportation home after the surgery. You cannot drive yourself. It is a state mandated regulation and requirement of all patients receiving any form of anesthesia that they be accompanied by a responsible adult or companion after the surgery and be escorted to their home. If you do not have one at the time of surgery than the surgery will be canceled.
- You will need to make a follow-up appointment 3 to 4 days following this date of surgery. So after this surgery, please contact your doctor's office immediately to schedule your next appointment if one has not been made for you already.
- If you have any questions or concerns, please write them down on a piece of paper to discuss with your doctor or the doctor staff prior to the surgery.
- **It is important the day of surgery that you not wear any kind of jewelry or metal. This means that piercings of any kind and ornamental jewelry be removed, no matter their location: ears, nose, lips, nipples, umbilicus, genitalia, etc... and remove all nail polish on the foot/leg being operated on.**
- **It is important that you wear cotton underwear on the date of surgery.**
- Please try to get a good night's sleep and relax for you are in good hands.
- Please bring any forms that you need filled out for work, insurance or disability purposes that is to be instituted following the state of surgery, for the doctor will complete them, following the surgery.
- Bring a copy of your medical clearance and lab data with you on the morning of the surgery to present to the surgical staff at the institution where you're getting your surgery done in case the papers were not received by them prior to your surgery date.
- Also, do not forget to bring a drivers license, your Insurance cards, you Medicare card or Medicaid card and insurance information with you on the day of surgery.