

## SHORE FOOT & ANKLE

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### PRE-OPERATIVE INSTRUCTIONS AND INFORMATION

**ARRIVAL TIME:** For hospital or surgical center based surgery, please be at the designated location one and one-half (1.5) hours before the scheduled surgery time.

1. **No Food:** Do not eat or drink for 10 hours before the time of surgery unless otherwise instructed by the doctor.
2. **Clothing:** Wear comfortable, loose fitting clothing the day of the surgery. You will be required to change into a hospital gown for surgery at the hospital or surgery center.
3. **Foot Hygiene:** Wash the foot well with soap and water. Remove all nail polish prior to the day of surgery. Do **NOT** shave any hair at the surgical site.
4. **No Aspirin/Ibuprofen:** If you are on any medications, please take them as usual the day of surgery unless otherwise instructed by the doctor. However, you should stop taking aspirin and non-steroidal anti-inflammatory medications (Motrin, etc.), seven days before surgery. You can take Tylenol for pain before the surgery.
5. **History, Physical, and Blood Work:** For hospital-based surgery, you will need to obtain a history and physical from your family doctor prior to the date of surgery. You will also need blood work prior to surgery. This may be performed by your family doctor or at the hospital.
6. **No Driving:** Please make arrangements to arrive to and be driven home from the hospital. Intravenous sedation is used which may make you too groggy to drive. In addition, after some types of foot surgery, you may not be permitted to drive for several weeks. Your surgery may be cancelled if you do not arrange for a family member or friend to take you home. Taxi or cab service is **NOT** allowed.
7. **Crutches/Walker:** If instructed by our office, bring crutches or a walker if available. If you do not have crutches, they can be provided by the hospital on the day of surgery. You may be required to be seen by a physical therapist to properly instruct you on the use of the gait assistive devices.
8. **Travel Plans:** Please discuss with the doctor any travel plans scheduled for the period after surgery. If you have unavoidable travel plans for this period, the doctor may recommend postponing the surgery.
9. **Personal Property:** Leave all jewelry, money, and credit cards at home or give them to your companion the day of surgery. DO bring your insurance cards and a picture ID in case the hospital needs to verify your information.
10. **Eyeglasses:** If eyeglasses are required for reading, bring them, as they will be needed to read the surgical consent. **DO NOT WEAR CONTACT LENSES.**

I have received, read and understand all of the instructions. I have had the opportunity to ask any questions about my surgery, possible complications, and pre & post operative care.

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Office Staff Member/Date

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Patient's signature/date