

Atlanta Center for Foot and Ankle Surgery, LLC

Pre-Operative Instructions

Surgery Date: _____ **Surgery Time:** _____

Now that you have scheduled your foot surgery, there are several things you need to do to insure that everything goes as planned.

1. Do not eat or drink ANYTHING at least eight (8) hours prior to your surgery this includes gum, candy, lozenges, mints, etc... If you brush your teeth, please do not swallow. If you've been told to take any medications by anesthesiologist, take them with small sips of water.
2. Make arrangements for an adult to bring you to the surgery center and stay for the duration of your surgery. You will not be permitted to drive yourself home
3. Arrive at least one (1) hour prior to your scheduled surgery time.
4. Arrange for someone to assist you for the first 24 hours after surgery.
5. Bring a photo I.D. and insurance cards to surgery center.
6. You may wear loose fitting clothes such as shorts with elastic in the waist (no metal zippers, snaps, and buttons). Women may want to wear a sports bra with no metal hooks or underwire. Sweat pants may also be worn. Please do not wear restricting clothing, this is very important.
7. Do not bring any valuables. All jewelry must be removed; this also includes wedding rings, watches and all piercing (including navel, tongue and any other body parts pierced). If all jewelry is not removed you could be at risk for being burned.
8. Do not wear contact lenses, make-up, or nail polish.
9. Notify your doctor of any cuts, scrapes, or infected insect bites, which develop on your foot or leg the week prior to surgery.
10. Do not cut your toenails three days prior to surgery. Remove all nail polish. Do not shave hair off legs, feet, or toes 24 hours prior to surgery.
11. Should you develop any signs or symptoms of illness before your surgery, please notify your doctor. The doctor should be aware of any sore throat, ear ache, abdominal illness, or fever which may occur in the week before surgery.
12. Do not plan on traveling far from home after surgery (unless you have previously discussed this with your doctor).
13. Discuss with your doctor any plans with regards to anticipated activity following your surgery.
14. Wash feet thoroughly the evening prior to surgery with an antibacterial soap, ie. Dial
15. Make sure to bring the blue surgical folder with you the day of surgery.

It is important that you understand the necessary steps, which will be needed to insure the best possible results, are obtained. If you have any questions or concerns, call your doctor or call the surgery center at 404-257-0611.

The above pre-surgical instructions have been reviewed with or by me and I fully understand the instructions.

Signature

Date