

PRE-SURGICAL INSTRUCTIONS

1. IF YOU HAVE ANY QUESTIONS ABOUT YOUR SURGERY, CONTACT THE OFFICE PRIOR TO SURGERY. DO NOT WAIT UNTIL THE MORNING OF SURGERY.
2. CHECK WITH THE DOCTOR PRIOR TO SURGERY ABOUT ANY MEDICATION THAT IS TAKEN DAILY TO SEE IF YOU ARE ABLE TO TAKE IT THE MORNING OF SURGERY.
3. STOP TAKING ANTI-INFLAMMATORY MEDICATIONS AT LEAST SEVEN (7) DAYS PRIOR TO SURGERY.
SOME EXAMPLES ARE: ASPRIN, ANAPROX, MOBIC, ADVIL, MOTRIN, ALEVE, AND NAPROXEN.
4. NO EATING OR DRINKING AFTER MIDNIGHT THE DAY PRIOR TO SURGERY.
5. TAKE CRUTCHES OR A WALKER WITH YOU RO SURGERY. YOU WILL **NOT** BE SUPPLIED WITH ANY AT THE HOSPITAL.
6. BRING A DRIVER TO TAKE YOU HOME.
7. NO NAIL POLISH, FALSE NAILS, JEWELRY, OR PIERCINGS MAY BE WORN DURING SURGERY. THE ONLY PIECE OF JEWELRY YOU WILL BE ALLOWED TO WEAR IS A WEDDING BAND.
8. IF YOU WEAR CONTACTS, DO **NOT** WEAR YOUR CONTACTS TO SURGERY. PLEASE REMEMBER TO BRING YOUR GLASSES.
9. DO NOT BRING ANY ITEMSOF VALUE WITH YOU TO THE HOSPITAL. **REMEMBER: THE HOSPITAL IS NOT RESPONSIBLE FOR ANY LOST ITEMS.**
10. TAKE YOUR INSURANCE CARD, PHOTO ID, CURRENT LIST OF MEDICATIONS, AND CURRENT LIST OF ALLERGIES WITH YOU TO THE HOSPITAL.

POST-SURGICAL INSTRUCTIONS

1. FOLLOW ALL DIRECTIONS GIVEN TO YOU AT THE HOSPITAL.
2. DO **NOT** PUT ANY WEIGHT ON THE SURGICAL FOOT UNTIL TOLD TO DO SO BY THE DOCTOR.
3. DO **NOT** GET THE SURGICAL SITE WET UNTIL TOLD TO DO SO BY THE DOCTOR.
4. IT IS VERY IMPORTANT THAT YOU KEEP YOUR FIRST POST-SURGICAL APPOINTMENT WITH THE DOCTOR.
5. IF YOU HAVE ANY PROBLEMS, CALL THE OFFICE RIGHT AWAY OR GO STRAIGHT TO THE NEAREST EMERGENCY ROOM.