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Fort Hamilton Foot Care
Dr.Luis Montalvo, D.P.M., D.A.B.P.S.
Dr. Ioannis Arapidis, D.P.M.
Foot and Ankle Specialist
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Brooklyn, New York 11228
Tel: (718) 745-7266

PRE-OPERATIVE SURGERY INSTRUCTIONS

PLEASE OBSERVE THE FOLLOWING INSTRUCTIONS, AND CALL YOUR DOCTOR IF YOU HAVE ANY QUESTIONS

Please report to _____ at _____ Hospital
_____ PM/AM on day _____ 200 ____ for _____

☐ As of Midnight the night before Surgery, YOU MUST NOT EAT OR DRINK ANYTHING. Even a mouthful of water before you leave the house to go to the hospital may cause unnecessary delays or even result in canceling your surgery that day.

☐ No alcoholic beverages or cigarettes 48 Hours before surgery.

☐ Please take a shower or bath the night before or morning of surgery.

☐ Wear loose comfortable clothing and low heels so you can get easily dressed to go home.

☐ Stop taking all aspirin and anti-inflammatory products (e.g. Motrin, Ibuprofen, Naprosyn, etc.) at least 7 days before surgery.

☐ Do not bring money or any valuables to the hospital.

☐ If you wear contact lenses/glasses and/or a hearing aid(s), please bring their cases for safekeeping.

☐ Do not wear any jewelry, make-up, or nail polish to the hospital.

☐ If you have been given any paperwork by your doctor, please bring them with you on the day of surgery (Medical Evaluation, History/Physical, Doctor's Order, Laboratory Results, EKG results, X-Rays, Consent, etc.).

☐ If you need to take medication the morning of surgery, this medication may be taken as prescribed with a sip of water. If you are diabetic, do not take diabetic medication the morning of surgery.

NOT FOR DEALING

Take the following medications as directed: ☐ Bextra™ 10mg ☐ Bextra™ 20mg ☐ QD ☐ BID

☐ Celebrex™ 200mg ☐ QD ☐ BID

Other special instructions _____

Important: Before surgery, report any changes in your health to your surgeon immediately. This includes one or more of the following symptoms (e.g. nausea, sore throat, swelling, fever, cough, infections, pain, etc.).

Important for surgery: After your surgery a friend or family member 18 years old or older must bring you home. If you do not have a responsible adult to bring you home following surgery, your surgery will be cancelled.

If the doctor is not available, or if you need any advice, please call:

Hospital Affiliation: _____

Contacts: _____

In emergency, you may report at any time, 24-Hours-A-Day, to the Emergency Department.

Additional Advice from your Doctor, Post Operative Appointment:

You are scheduled to see your doctor: At: _____ am / pm

On: _____, 20____

Exempt from FOIA -
Confidential Treatment Requested
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