

Fort Hamilton Foot Care  
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## 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.

Do not bring money or any valuables to the hospital.

No alcoholic beverages or cigarettes 48 Hours before surgery.

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

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

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

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

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.).

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

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.

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: \_\_\_\_\_

If necessary, 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\_\_\_\_

