

### **PREOPERATIVE OUTPATIENT INSTRUCTIONS**

- 1.) Eat a normal meal the night prior to your surgery, but you may not eat or drink anything (includes water, chewing gum, coffee) after midnight if your surgery is being performed at a hospital or outpatient surgery center. If surgery is in the office under local anesthesia only, you may eat a light breakfast.
- 2.) The night before surgery, please bathe paying particular attention to your foot. If possible, obtain betadine from pharmacy and bathe the operative site with this.
- 3.) Please discontinue or decrease smoking if at all possible. This will improve you circulation and improve healing.
- 4.) Do not wear any nail polish.
- 5.) Wear casual, loose clothing. Consider clothing that is easy to put on and that will fit over your bandages.
- 6.) If possible, 48 hours prior to your surgery, carefully shave the operative site.
- 7.) If you do not take an oral multi-vitamin, please begin as soon as possible preferably one with at least 500 mg of vitamin C. If you are a smoker, this is extremely important.
- 8.) Notify the office if you develop a cold or flu symptoms.
- 9.) You will need to arrange for a ride to the surgical facility, hospital or office. You will be unable to drive home following surgery.
- 10.) The hospital or surgical facility will call you in advance and tell you what time to arrive. If you have any questions, you may call the place of surgery at the phone numbers given to you by our office.
- 11.) This Office will call you the day following your Surgery to check your progress and to set up a postoperative appointment with the Doctor. You will be given special instructions for your home care on the day of surgery.

SIGN \_\_\_\_\_

DATE \_\_\_\_\_

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