

Lake Ridge Foot & Ankle Center

Podiatric Medicine and Surgery
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Stafford Foot & Ankle Center

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BOARD CERTIFIED, AMERICAN BOARD OF PODIATRIC SURGERY
FELLOWS, AMERICAN COLLEGE FOOT AND ANKLE SURGEONS

PRE-OP INSTRUCTIONS:

1. If you are taking daily medications for high blood pressure or a heart condition, make sure the surgery center/hospital is aware before the day of surgery.
2. Plan to be at the surgery center/hospital 1 (one) hour prior to your scheduled time. You must have a responsible adult accompany you, remain during surgery and drive you home. Make sure you have direction to the surgery center/hospital and know how to get there on time.
3. No food or drink from midnight on, the night before surgery.
4. No alcoholic beverages 24 hours prior to surgery. No smoking 24 hours prior to surgery.
5. Wear loose pants or short--loose enough to fit over bandages and casts.
6. No slip-on shoes--sneakers are best.
7. Bring a walker or crutches if you already have them or they will be provided.
8. In case of inclement weather (severe ice or snow), call the surgery center/hospital after 6:00 a.m. on the day of your surgery to see if they are open and operational.
9. If you have not heard from the surgery center/hospital the day before your surgery, call to confirm the date and time of your surgery.
10. Depending on your surgery, you may need to use a walker or crutches from 1 to 6 weeks after surgery with no weight on the foot. This includes driving if surgery is performed on your right foot (also left foot if driving a stick shift).
11. Leave time from your work may vary depending on the type of surgery you have. Appropriate arrangements should be made with your employer.
12. If possible, obtain your prescriptions from your doctor before surgery and have them filled.
13. If you have any questions do not hesitate to call the doctor's office to have them answered.

Thank you