CACTUS FOOT AND ANKLE, LLC

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Preparing for surgery:

1. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR 8 HOURS BEFORE SURGERY –** Unless otherwise specified by your physician. Eating or drinking after this time could result in serious complications and your doctor may choose to cancel surgery for that day.
2. **DO NOT SMOKE FOR 12 HOURS PRIOR TO SURGERY AND REFRAIN FROM ANY ALCOHOL CONSUMPTION 48 HOURS PRIOR TO SURGERY.** Also, refrain from any alcohol consumption while taking any narcotic medication.
3. **SHOWERING – BEFORE SURGERY -** You may bathe or shower normally. **AFTER SURGERY** – The incision site must remain dry. DO NOT remove your dressing (unless otherwise specified). If the incision gets wet, it may become infected. Your surgeon strictly advises against taking a shower/bath until otherwise instructed.
4. **WHAT TO WEAR –** Wear casual or comfortable clothing. Do not wear makeup or nail polish. Leave all valuables and jewelry at home.
5. **MEDICATIONS –** If you are taking medications, be sure to check with your surgeon about whether to continue your normal dose schedule. Also, be sure to tell the anesthesiologist what medications you are currently taking. It may be helpful to prepare a list of medications you are taking and bring it with you the day of your scheduled surgery.
6. **SHOULD YOU EXPERIENCE A CHANGE IN YOUR PHYSICAL CONDITION –** such as cold, fever, chills, persistent cough, etc. **YOU MUST NOTIFY OUR OFFICE IMMEDIATELY.**
7. **TRANSPORTATION –** Be sure to arrange ahead of time a responsible adult to drive you to and from the surgery facility. If the patient is a minor, a legal guardian must remain at the facility at all times until the patient is released.