

Mukesh D. Bhakta, DPM

PRE-OP INSTRUCTIONS

MEDICATIONS TO STOP:

ASPIRIN - 7 days before surgery.

PLAVIX - 5 days before surgery.

NSAID's (Ibuprofen, Naproxen, Aleve) - 4 days before surgery.

***COUMADIN, HEPARIN, LOVENOX, FRAGMIN**

*(STOPPAGE SHOULD BE DISCUSSED WITH CARDIOLOGIST OR PCP)

1. Please have your Rx pain medications filled prior to day of surgery. The pharmacy needs a written script for all narcotics. It will be less stressful and one less thing to do. Please call 703-753-3338 if do not have a prescription.
2. **Stop smoking** as soon as possible. Smoking has been shown to delay healing and reduce circulation. It is even more important if you are having surgery that requires any fixation (screw, plate, pins).
3. Please begin taking an oral multi-vitamin daily several weeks prior to the surgery and continue after surgery.
4. Notify our office immediately if you have a cold or flu, as surgery may need to be rescheduled.
5. You may eat a normal meal the evening prior to surgery. You may NOT eat anything 8 hours prior to your arrival time if having Sedation or General Anesthesia. You may sip on water or clear liquids (e.g. apple juice) 4 hours prior to arrival time.
6. **NIGHT BEFORE SURGERY**
 - **No eating anything 8 hrs before surgery**
 - **May sip on water or clear liquids (e.g. juice) 4 hrs before arrival time**
 - **Bathe your foot**
 - **Remove all nail polish**
 - **Shave hair over operative site**
7. **DAY OF SURGERY**
 - **Wear loose clothing because of bandages or cast to slip off and on**
 - **Shower, No Body Powder or Lotion**
 - **No Make-up, nail polish, jewelry, contact lenses**
 - **Leave valuables (money, credit cards) at home**
8. You will have to bring someone with you that can drive you home after surgery. I recommend you sit in the back seat going back home with your foot elevated.
10. Your post-operative appointment will generally be 4-6 days after surgery and the doctor will discuss after surgery.
11. If you have any questions prior to surgery, please call our office or email us at info@pwfoot.com