

Preoperative Instructions: Foot & Ankle Surgery

STEIN BUILDING

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY
Unless otherwise instructed

One Week Before Surgery:

- Take 500 mg of Vitamin C daily; take this in addition to any multivitamin you may be currently taking. Don't take Vitamin E.
- DO NOT take aspirin or ibuprofen products (i.e., Bufferin, Advil, Anacin, Motrin, Datril, Anacin-free). If you take blood thinners such as baby aspirin, Plavix, Pletal, Trental, and/or coumadin: please ask your surgeon if you should continue these medications. For headaches or pain, only take extra-strength acetaminophen (Tylenol) before surgery.
- DO NOT SMOKE! This may cause the skin to die and prevent normal bone healing. If you smoke stop at least 4 weeks before surgery. Do not begin smoking until your surgeon permits you to do so. It is not advisable to resume smoking until a minimum of 2–3 months after your surgery. Do not use nicotine substitutes (i.e., patches and/or gum).

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Have on Hand at Home:

- Fill all prescriptions given to you at your pre-op visit.
- Practice with crutches (dispensed at pre-op visit) if you will not be allowed to walk.
- Extra pillows: elevate the operative extremity with one or two pillows.
- Cast shower protector
- Ice packs

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Morning of Surgery:

- Use a permanent marker (Sharpie); write your name on the correct leg (shin bone) of the foot or ankle that will be operated on. This step is another (of the many) checks to prevent wrong extremity surgery.
- Be sure to remove any nail polish prior to coming to the hospital.
- Continue to take your regular medications (i.e., high blood pressure pills, multivitamins, cholesterol medications) with a small sip of water unless otherwise instructed to do so. If you have diabetes, check with your surgeon regarding your insulin or hypoglycemic medications.