

- Walnut Creek Medical Center | Pleasanton Medical Offices
- Antioch Medical Center | Martinez Medical Offices

Preparing for Surgery

Now that you have decided on having surgery, we need to get you ready for the operating room. Generally, this process will include a final Preoperative Visit, and Anesthesia Evaluation, and Preoperative Studies.

Preoperative Visit

For most patients a final preoperative visit will be scheduled for a check up and to review the risks and benefits of surgery as well as any alternative treatment. In addition, important medical information will be discussed including current and past medical problems, current medications, allergies, prior surgeries, and advanced health care directives. The process will be greatly facilitated by filling out the medical questionnaire that is available on your surgeon's homepage. Please note for individuals with multiple medical problems, you may be asked to visit your primary care physician before surgery to make sure surgery and anesthesia is safe for you. If you take blood thinning medications like aspirin, ibuprofen, naproxen, iodine, Relafen, coumadin, or plavix, please discuss whether and when these medications should be discontinued before surgery. These drugs usually continue to interfere with clotting for 7 or more days after the last day. If you have a coronary stent(s) or are taking aspirin for stroke prevention or poor circulation, notify your surgeon and do not stop taking your aspirin, plavix or Ticlid without discussing this with your cardiologist, neurologist or vascular surgeon.

Anesthesia Evaluation

An important part of your preoperative workup is an evaluation by our anesthesia department. This assessment can usually be performed over the phone. You will be given instructions

regarding which current medications to continue and which to stop and when you must stop eating and drinking.

Preoperative Studies

Blood work, an electrocardiogram and a chest X-ray may be ordered for you by your surgeon. These tests should be performed 2-4 weeks before your procedure. A urine pregnancy test within 7 days of surgery will be required of all females between ages 13 to 50 years of age who have not had a hysterectomy. All tests are ordered by your surgeon through the Kaiser Permanente computer system and can be performed at any site within the Diablo Service Area. No paperwork is required.

Your Surgeon's Home Page

A great deal of information is available on your surgeon's homepage. By clicking on the "Preparing for Foot or Ankle Surgery" link in the left hand menu of the page, you can explore topics such as Advance Directive information, Anesthesia, Medication Restrictions, Pre-op Forms, Patient's Legal Right and Bill of Rights, etc.

On your surgeon's home page, located on the left column "2. Pre-Op Instructions", please print the form "Pre-Op Pre-Admission Questionnaire." Complete the form and bring it with you to your final preoperative visit/appointment and on the day of surgery.

Please take a virtual tour about your procedure by clicking on: "Prepare For Your Procedure". You may email your surgeon with any questions regarding your surgery. Look for the "Email Your Doctor" link next to your surgeon's photo.

A Final Word...Surgery is often a major event in your health care. Thank you for giving us the opportunity to care for you.