



## GLACIER FOOT AND ANKLE ASSOCIATES

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### BEFORE SURGERY

#### **OUTPATIENT SURGERY - SURGERY CENTER OR HOSPITAL**

NPO – Nothing by mouth. No solid foods after midnight the evening before surgery. If necessary, clear liquids (water, apple-juice) are allowed up to 4 hours prior to *arrival time*.

*For diabetics the time interval is 8 hours pre-op due to possibly prolonged gastric emptying (slow stomach emptying).*

Consult with your physician whether you should take any medications before surgery. Diabetics are not to use Insulin the morning of surgery. Diabetics taking oral medications are to skip their normal dose the evening before surgery. Asthmatics and Diabetics are to bring their inhalers / insulin with them the day of surgery.

#### **OFFICE SURGERY**

Normal meals and medications. A light meal is fine a couple hours before in-office surgery as only local anesthesia is used. Continue on normal regimen of medications (other than holding aspirin – see below).

#### **ALL PATIENTS**

- Avoid aspirin, anti-inflammatory medications (ibuprofen, naprosyn), vitamin E and herbal supplements for 1 week prior to surgery as these prolong bleeding time. *Patients on Coumadin or other anti-coagulants must consult with their surgeon as to their individual instructions.*
- Do not wear any make-up, hairpins, contact lenses or false eyelashes. Leave jewelry and valuables at home.
- Have a responsible adult to drive you home. You will not be allowed to drive yourself home following surgery and the administration of anesthesia. A taxi is not a good option.
- Wear loose fitting clothing that is comfortable and that can fit over bulky dressings or a cast on the leg.
- If you should become ill prior to surgery notify your surgeon immediately.

All patients having surgery at the HealthCenter NorthWest surgery center (HCNW) must register at HCNW during the week prior to surgery. Bring insurance cards and the HCNW medication / allergy form with you. Call HCNW at 751-7550 the day before surgery between 1:00 pm – 3 pm to confirm arrival time. Any surgery time given prior to this is *tentative*, surgery schedules can change at the last minute.