**Northwest Surgery Center**

**123 W Francis Ave Spokane, WA 99205**

**Pre-Operative Instructions**

**Date of Surgery\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Arrival Time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* If you are asked to obtain a physical prior to your surgery, please have your primary care physician fax a copy of the physical to 509-483-0355 at least two days prior to your surgery date. This is very important to be cleared for surgery! **Physical Requested: Yes\_\_\_\_ No\_\_\_\_**
* Anesthesia: Northwest Surgery Center uses intravenous sedation, which will make you comfortable and drowsy. Your foot and ankle will be injected with local anesthetic and will be numb during the procedure. This is not general anesthesia.
* You will need to be **non-weight bearing**/ **partial weight**/ **weight bearing for approximately** \_\_\_ weeks. If Non-Weight bearing, you are not to put ANY weight on the foot until your surgeon clears you to do so.
* Patient will need a prescription for assistive devices: **YES NO**
  + Crutches/ knee scooter/ wheelchair/ walker or \_\_\_\_\_\_\_\_\_\_\_\_\_.
  + Please practice using your assistive device before surgery.
* If you have right foot surgery you cannot drive until your surgeon clears you to do so.
* Arrange for someone to escort you to surgery and to transport you home. This person needs to stay during the surgery. It is recommended to have someone with you for assistance during the first 24 hours after surgery.
* Screws/ Pins/ Plates/ Wires (surgical hardware) may be placed to stabilize any bone surgery that is performed. These are necessary for bone healing. If you have an allergy to metals (especially nickel) please notify your surgeon immediately so that proper hardware can be ordered.
* Please remove all toenail polish before surgery. Scrub your surgical foot & lower leg for at least five minutes with soap and water the morning of surgery.
* Do not eat or drink anything for 4 hours prior to surgery. This includes hard candy, bubble gum and coffee. You should not drink alcoholic beverages 24 hours before surgery or after surgery.
* Medications that must be taken prior to surgery can be taken with a sip of water at your normal scheduled time. Please review with your PCP what medications to take. You will need to stop taking NSAIDs (anti-inflammatory) or certain blood thinners before surgery. Please discuss this with the doctor clearing you for surgery.
* Please wear a short sleeve shirt and pants or shorts that fit loosely around the leg area.
* There will be a charge for any surgery not cancelled at least 48 hours in advance.

**Post op Information**

* Keep bandage clean and dry. Do not remove the bandage or get it wet.
* Icing reduces swelling, which will help your incision heal and reduce pain. Have your ice packs ready when you arrive home.

**If you have any further questions that this form did not answer, please call us at**

**509-483-9363. Thank you!**

Patient name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Patient Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Staff name/Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_