

Northwest Surgery Center

123 W Francis Ave Spokane, Wa 99205

Pre-Operative Instructions

Date of Surgery_____ Arrival Time_____ Surgery 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 ___
- 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.
- If you have right foot surgery you cannot drive in the immobilization boot.
- Arrange for someone to escort you to surgery and to transport you home. It is recommended to have someone with you for assistance during the first day of surgery.
- If you need a prescription for assistive devices: crutches, knee scooter, wheelchair, walker etc. please call to request this at least one week prior to your surgery date.
- Icing reduces swelling, which helps your incision heal while reducing pain. Have your ice packs ready when you arrive home.
- 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, if at Northwest Surgery Center. 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 physician what medications to take.
- 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.
- Keep bandage clean, dry and intact. Do not get bandage wet.

Additional instructions if you are having surgery at a HOSPITAL:

- Our staff will contact you with the date and time of surgery.
- The hospital will call you the day before the surgery to tell you where and when to check in for surgery. Further instructions will be given.
- Do not eat or drink anything for 8 hours prior to surgery. This includes hard candy, bubble gum and coffee.
- Please arrive to hospital 2 hours prior to scheduled surgery.

If you have any further questions that this form did not answer, please call us at 509-483-9363. Thank you!