

## **PRE-OPERATIVE INSTRUCTIONS AND INFORMATION**

1. Wash the feet thoroughly twice daily with soap, Betadine solution or phisohex.
2. Clean toenails thoroughly and remove toenail polish.
3. If your surgery is to be performed at a hospital or surgery center then **do not eat or drink ANYTHING 8 hours before your surgery**, including water, lozenges, and chewing gum, unless instructed differently by your physician.
4. **Do NOT take any anti-inflammatories 5-7 days prior to surgery.** This includes Advil, Ibuprophen and Aleve. Medications such as Vioxx, Celebrex and Bextra are usually ok.
5. Please refrain from wearing tight fitting garments.
6. Please be prompt for your surgery time. **Arrive at ADMIT time NOT surgery time.**
7. Please have someone available to drive you home after any surgery.
8. We will bill your insurance for you.
9. Please call your insurance to check on insurance coverage.
10. Your health is of utmost importance to the doctor, therefore feel free to discuss any factor regarding the surgery.
11. Please schedule your History and Physical (H&P) with your Primary Care Physician (PCP) and let our back office know your physician and date of H&P. Please have your PCP fax us the results – 206-860-0907.
12. Location of your surgery:
  - a. Swedish Hospital – Providence Campus
  - b. Swedish Hospital – Main Campus
  - c. Northwest Outpatient Surgery Center Note: Not on main campus.
  - d. Polyclinic Outpatient Surgery Center
  - e. Other: \_\_\_\_\_

13. **Date of Surgery:** \_\_\_\_\_

14. **Admit/Arrival Time:** \_\_\_\_\_ **Surgery Time:** \_\_\_\_\_

**CALL US IF YOU HAVE ANY QUESTIONS AT ALL!**      **WE ARE HERE FOR YOU!**

**PATIENT'S SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_