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## Patient Surgical Information

### GENERAL SURGERY PROTOCOL

#### Planning for surgery:

1. Pre-operative Appointment:
  - a. You will be seen for your preoperative appointment within 2 weeks of your planned surgery date. At this appointment your provider will review your surgery in detail and answer any remaining questions or concerns you may have. Your consents will be obtained, and any boots or surgical shoes needed for surgery will be dispensed at this time.
2. Laboratory tests:
  - a. Your provider will order blood work in preparation for your surgery. The bloodwork will need to be obtained within 2 weeks of your surgery date. You may also need to obtain a chest X-ray, EKG or clearance from your primary care physician depending on your medical history.
3. Medication:
  - a. During your preoperative visit, you will receive prescriptions for post-operative medication. Please have these filled just before your surgery so you do not have to stop at the pharmacy on the way home to pick them up.
4. Transportation:
  - a. You will be given the name and location of where your surgery will be performed and the time to arrive in your surgical packet during your preoperative visit.
  - b. You must have a ride to and from the Surgery Center/Hospital or your procedure will be cancelled. Lyft/Uber or any other ride sharing program are not acceptable forms of transportation from the surgery.
  - c. If you have dependent children, you will need to provide supervision for the first 24 hours, as you may still feel the effects of anesthesia.
5. Anesthesia:
  - a. 24-48 hours before your surgery, you will be contacted by your anesthesiologist or nurse anesthetist to review your medical history and answer any questions you may have about the anesthesia you will be receiving during surgery.

#### Day Before Surgery:

- b. **Do not eat or drink anything 6-8 hours before your surgery.** This includes water, coffee, gum or prescription medications, unless ordered by your Primary Care Doctor.
- c. Do not apply any lotions or creams to the surgical limb.
- d. Nail polish needs to be removed from all the toes on the surgical limb.
- e. Do not drink alcohol or smoke tobacco.



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**Day of Surgery:**

- f. Bring your insurance information and photo ID to the surgery center/hospital.
  - i. Bring any surgical shoe, boot, crutches and/or roll about to the surgery.
  - ii. Do not wear make-up or jewelry. Any piercings need to be removed.
  - iii. You will be asked to remove your contacts if you wear them.
  - iv. Do not apply any lotions or creams to the surgical limb.

**Aftercare:**

- g. After your surgery, you will spend a short time in the post-operative unit until stable and then discharged by the surgery center/hospital. At home, please rest, ice and elevate your foot to reduce swelling. Slowly advance your diet with crackers, juice and water, as tolerated.
- h. Please follow the, "Post-Operative Instructions" sheet given to you the day of surgery.
- i. If you were instructed to be non-weight bearing after your surgery, it is very important that you follow those instructions.
- j. To help accelerate healing, do not drink alcohol or smoke tobacco.
- k. Keep your bandages clean, dry and intact. Do not remove your bandage. Do not get your bandage wet in the shower.**
- l. Take your post-operative medication as prescribed by your doctor.
- m. If you feel cramping, swelling, warmth or pain in your calf; develop shortness of breath or chest pain, you need to report to the Emergency Room immediately.
- n. Your follow-up visit will be pre-scheduled and 2-4 days after your surgery. You will be provided with a follow up card with your date and time.