

Name: _____

Pre-op instructions before your outpatient surgery

Preparation for surgery is very important to help with a successful outcome.

Two weeks before:

- Stop taking any aspirin products.
- You should have already had a preop consent visit with your podiatrist and preop clearance from your primary care provider if requested.
- You should have plans figured out at work for time off and for transportation. You should be planning meals, bathroom access, videos to watch, and books to read.
- All anti-inflammatories (Advil, ibuprofen, Aleve...) should be stopped **4 days** before your surgery.
- Your caretaker-to-be should be in a conditioning program in preparation for help with: back and leg massages, medication help, ambulation guidance to the bathroom, dishes, laundry, grocery shopping, vacuuming, window washing, transportation help, cooking, car maintenance, and entertaining you!

The night before:

Nothing to eat or drink after midnight. Not even a cup of coffee in the morning! Surgeries have been cancelled due to this!

You should re-read your postop instructions.

The hospital should have called to check in with you.

You should remove all nail polish.

The morning of:

You may take your regular medications with a *sip* of water.

Wash your feet thoroughly with soap and water.

Wear loose fitting clothing that can slip over a bulk dressing or cast.

Arrive at the surgery center or hospital 2 hours before your surgery time or when the hospital tells you to.

Please bring your insurance card, photo ID and whatever else the hospital asks you to bring.

After the surgery:

You will be ready for pickup 1-2 hours after your surgery ends. You must be escorted home and you may not take a taxi home unless accompanied by a friend.

Please call us if you have any questions about these instructions! We want to make sure your surgery and recovery goes well. 425 283 5093

Surgery Location: Overlake Hospital Overlake Surgery Center

Date of Surgery: _____ Time of Surgery: _____