

# PATIENT COPY

## PRE-OPERATIVE INSTRUCTIONS & INFORMATION

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### **THE NIGHT BEFORE SURGERY:**

1. Have a light evening meal before 8PM.
2. **(ONLY IF THERE IS NO OPEN WOUNDS)**  
Soak your feet/foot in warm soapy water and scrub with a scrub brush for 10 minutes paying special attention to the nails and between the toes. Rinse with rubbing alcohol and dry thoroughly.
3. Put on freshly laundered white socks for the night. Do not remove, wear them to the surgery center the day of your surgery.
4. Retire early and get a restful sleep.
5. **No food or liquid after midnight.**

### **THE DAY OF SURGERY:**

1. Do not eat or drink breakfast.
  2. If you take medication for heart or diabetes ask your Dr. for instructions.
  3. Please arrange for someone to drive you home upon your release.
  4. You will be given a special post-op shoe at the center to wear home from your surgery and for the next several weeks.
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