

Gideon J. Lewis, D.P.M., FACFAS
Foot & Ankle Surgery
Sports Medicine

SURGERY PRE-OP INSTRUCTIONS

BEFORE SURGERY

- If you have not been contacted 24 hours before your surgery, please call the surgical facility for specific instructions.
- Please notify Dr. Lewis if there is any change in your physical condition such as a cold and/or fever.
- Arrange for a responsible adult to drive you home and stay with you for the first 24 hours after surgery.

THE NIGHT BEFORE SURGERY

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**
- Refrain from the use of mints, chewing gum or cigarettes. Failure to follow these instructions may result in the cancellation of your surgery.
- Please do not take any medications after midnight unless instructed by Dr. Lewis or our office
- Use a washcloth and antibacterial soap to clean the area thoroughly.

THE DAY OF SURGERY

- Wear loose, comfortable clothing that is big enough to accommodate any bandages after surgery. Wear comfortable shoes such as slip-ons, no high heels.
- Do not wear any make-up, jewelry or nail polish.
- Do not bring any valuables with you.
- Do bring, you driver's license, insurance card(s) and any co-payment that may be due.
- Wearing contact lenses is not advised

AFTER SURGERY

- Before you leave the surgical facility, you will be given written instructions and pain prescriptions if necessary for your care at home.
- Plan to rest the remainder of the day and expect to be drowsy for several hours after surgery.
- Please do not hesitate to call with any questions or problems.

HELPFUL REMINDERS

- Please limit the number of family/friends who come with you.
- If you are driving more than 30 minutes, put one or two pillow in your car so you can elevate the operative extremity.
- You will need to change into a surgical gown. Only cotton underwear can be worn.
- Females of child bearing age will need to give a urine sample for pregnancy testing.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL DR. LEWIS IMMEDIATELY.