

Gaithersburg Foot & Ankle Surgery Center, LLC

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PREPARING FOR YOUR PROCEDURE

ONE DAY BEFORE YOUR PROCEDURE:

1. Do not eat or drink after midnight the night before your procedure (have a light evening meal).
2. No smoking or alcoholic beverages for 24 hours prior to your scheduled procedure.
3. Prepare your medication and dosage list to bring with you.
4. Arrange transportation to and from the office.
5. Shower thoroughly wash on the day of surgery.

DAY OF YOUR PROCEDURE:

1. Leave jewelry and valuables at home.
2. Take medications as directed by your doctor.
3. Absolutely nothing to eat or drink including water and gum.
4. Wear loose comfortable clothing that will fit over the bandaging on your foot.
5. Bring with you:
 - a. Medications/allergies list
 - b. Personal Identification

Patients having sedation or anesthesia must be accompanied by a responsible adult for a ride home and acceptance of discharge instructions.

WHEN YOU GO HOME:

1. Follow the instructions on the POST OPERATIVE INSTRUCTIONS sheet.
2. Do exactly what your doctor tells you to do.
3. Please call your doctor if you have any questions.