

PRE-OPERATIVE INSTRUCTIONS

Patient Name:		
Date of Surgery:	Arrival Time:	Surgery Time:
Facility:		

Locations:

- San Ramon Surgery Center**- 200 Porter Drive #100 San Ramon 94583 phone: 925-838-6880
- Webster Surgery Center**- 4487 Stoneridge Drive Pleasanton 94588 phone: 925-600-1900
- Valley Care Hospital-Pleasanton**- 5555 West Las Positas Pleasanton 94588 phone: 925-847-3000
- Valley Care Outpatient Surgery Center**-Livermore- 1133 E. Stanley Blvd Livermore 94550

Getting Ready for Surgery:

1. **Lab work:** Once you decide to have surgery you will be given a sheet for lab work from our office. Typically this will include a Complete Blood Count (CBC) and Chem-7. Blood work is to be completed within 1 month before surgery.
2. **EKG:** Everyone over the age of 50 MUST have an EKG completed. The EKG, if normal, is valid from within the last 6 months. If a recent EKG is abnormal, it must be completed within 1 month of surgery and you must also have medical clearance from a cardiologist.
3. **Medical Clearance:** Depending on your health history and lab results you may need to see your primary care physician or cardiologist for clearance before the surgery. You will be sent out of the office with a medical clearance form to be signed by your primary care and/or cardiologist.
4. **Get your house ready:** Make sure that you have a nice spot set up where you can keep your foot elevated. This can be in your bed, on your couch or anywhere else comfortable. Please remember that stairs can be a challenge with crutches so if you can stay on the first floor that is recommended. Another tip is to make the spot close to the bathroom because even the time it takes to crutch to the bathroom can increase swelling and discomfort in the foot.
5. **Get yourself ready:** You will most likely need to use crutches in your post-operative period, and it is helpful to obtain them *before* surgery so that you have crutches readily available for you. IF you already own crutches, bring them to the surgery center with you. IF NOT, you will be provided with a pair of crutches as you leave the center. Most insurances do not cover the cost of crutches, so be prepared to purchase crutches (about \$20-30) if needed.

- a. Other Durable Medical Equipment (DME) that you need after surgery, such as a post-operative shoe, will be given either in the office or at the surgery center.
- b. If you would like crutch use training *prior* to surgery, please let us know and we will schedule you for a Physical Therapy appointment.

Night before Surgery:

1. It is required that you have NO FOOD or DRINK from midnight the night before to after your surgery. No water or coffee. ***If you do eat or drink then your surgery will have to be CANCELLED and rescheduled for another day.***

Day of Surgery:

A few things to know for the day of your surgery:

1. ***Arrive on time, or early, to the surgery center.*** This is crucial to make sure your surgery runs on time. There are many things that need to be done before your surgery begins, such as patient registration, checking vital signs, and more. Thus it is imperative that you arrive at your scheduled time.
2. **What to Bring:** Please leave all personal belongings except for insurance cards, ID and a form of payment at home. Wear comfortable clothes.
3. ***You MUST have a ride to and from surgery.*** Public transportation is NOT recommended as you may be weaker and disoriented shortly following a surgical procedure in which you are under anesthesia.
4. There will be a waiting area for your family and friends to wait during your surgery if they would like to stay at the center.

If you have any questions at all, please call our office at (925) 400-6900.