

FOOT CARE ASSOCIATES

SLOAN GORDON, DPM, FACFAS

Board Certified – Surgery and Diseases of the Foot & Ankle – Am. Board of Podiatric Surgery
Sports Medicine – Wound Care

☎ 713-988-6600 — www.myfootdoc.com — ☎ 713-988-8850

ST. LUKE'S HOSPITAL – SUGAR LAND
1327 LAKE POINT PKWY., # 520
SUGAR LAND, TEXAS 77478

MEMORIAL SOUTHWEST
7500 BEECHNUT ST., #165
HOUSTON, TEXAS 77074

HEIGHTS / NORTHWEST
427 WEST 20TH ST., #703
HOUSTON, TEXAS 77008

PRE OPERATIVE INSTRUCTIONS

GENERAL INFO: – Your surgery is scheduled for _____; at _____ AM / PM:

- | | |
|--|---|
| <input type="checkbox"/> River Oaks Surgery Center | <input type="checkbox"/> St. Luke's Hospital – Sugar Land |
| <input type="checkbox"/> Memorial Hermann SW Outpatient Center (Medical Plaza 4) | <input type="checkbox"/> Foundation Orthopedic Surgical Hosp. |
| <input type="checkbox"/> Memorial Hermann SW Outpatient OR (Medical Plaza 1) | <input type="checkbox"/> Methodist Hospital – TX Medical Center |
| <input type="checkbox"/> Methodist Hospital – Sugar Land, Outpatient Surgery | <input type="checkbox"/> _____ |
| <input type="checkbox"/> St. Luke's Tower Outpatient – Med Ctr. | <input type="checkbox"/> _____ |

For certain facilities you will need a medical clearance sheet or a cardiac clearance. Your family physician or cardiologist must fill this out. If you do not have a family doctor, please advise us. Please pre-register and have blood work done at least 1 week prior to the scheduled surgery.

FEES – Standard fees for outpatient surgery have been established. If you are unsure of these fees or 'what is covered' please call your insurance company, HR person or ask our staff. You will receive separate bills from your doctor, the hospital or outpatient facility, anesthesiologist and pathologist.

PREPARATION – The night before surgery:

- Do not drink or eat anything after midnight (this includes soft drinks, coffee, juice)
- Take medications for blood pressure, diabetes or nerves, the morning of surgery with a sip of water.
- Notify your surgeon if there are any changes in your health, e.g. pregnancy, bleeding, etc.
- Do not drink alcoholic beverages 24 hours prior to your surgery.
- Important: the night before your surgery and the morning of surgery, please shower as follows. Purchase antiseptic soap (chlorhexidine gluconate 2% solution (Hibiclens), Dial™ antibacterial soap) from your local pharmacy. Use a clean washcloth and take a full shower or bath washing your feet and in between your toes as well as your whole body. Clean your toenails with a nail brush or "old" toothbrush and use an orange stick or blunt toothpick to clean under the toenails. Wash hair with normal shampoo.

THE MORNING OF SURGERY:

- Arrive at the place of surgery one hour before the scheduled time. Bring photo ID and insurance information. Bring a list of all your medications and known allergies.
- Make sure your doctor knows if anyone is going to be waiting for you in the waiting area.
- It is preferable if you do not wear makeup or lipstick.
- Wear loose fitting, casual clothing that is easily removed. If you choose to keep your undergarments on during surgery, please make sure they have no metal or rough areas. Metal can react with "electrocautery/bovie" used to coagulate blood vessels and sharp edges can hurt you if you are lying on them in the same position for a long period of time.
- Do not bring watches, rings or other valuables with you.
- Be sure to notify us of any special needs: latex allergy, claustrophobia, religious issues, temperature after surgery, etc.

BEFORE SURGERY:

- Expect to read and sign a consent form before any medication will be given.
- Any metal body piercings must be removed before surgery.
- Minors need a legal guardian to sign the consent.

Printed Name

Signature of Patient, Parent or Guardian

Date