NORTHWEST SURGERY CENTER

PREOPERATIVE SURGERY INSTRUCTIONS:

- Please expect a call from your nurse within a week of your scheduled surgery to review your pre-operative instructions and medical history.
- If you take daily medications, please check with Northwest Surgery Center on what to do about taking your medications the day of surgery.
- Please arrive at Northwest Surgery Center at the time you are given. Your surgery could be cancelled if you do not arrive on time.
- If you develop a cold, fever of 100° F or higher, a skin rash or infection of any kind please contact Northwest Surgery Center **before** coming in for your surgery @ 720-758-6760.
- Wear clothing that is warm, loose fitting and comfortable as the OR can tend to get cold.
- Please leave valuables at home, but please bring a photo ID and your insurance card.
- If you plan to take an Ativan for your procedure, you **MUST** have a responsible adult to drive you home.
- Please limit the number of people accompanying you to **(2)**. These people are welcome to stay or we can call them when you are ready to be discharged. Please have your driver stay within 20 minutes of the surgery center.
- Surgery time can vary but you can plan to be with us for 1-3 hours.
- **If there is any possibility that you are pregnant, please discuss this with your physician BEFORE surgery.**
- Please do NOT get a pedicure within 7 days of your surgery.

THE NIGHT BEFORE OR MORNING OF YOUR SURGERY:

Please shower either the night before or the morning of your surgery and include washing your surgical foot with an antiseptic cleanser following the directions below.

Please use an antiseptic cleanser such as **HIBICLENS** to wash your surgical foot. Use the cleanser on your surgical foot only. Wash your foot from your ankle to your toes for 3-5 minutes making sure to get all areas including between your toes, ankle, heel and the top and bottom of your entire foot. Do **NOT** allow any other soap or shampoo to come in contact with the cleanser (this will deactivate the antiseptic). Rinse off with clean water. Dry off with a clean towel then apply a clean sock. **DO NOT APPLY ANY LOTIONS OR POWDER TO YOUR SURGICAL FOOT AFTER WASHING IT.** You can wear clean socks, wear shoes or sandal.

You may eat and drink the morning of surgery. If this is your normal routine, please do so to avoid getting lightheaded.

POST-SURGERY: You will receive a follow up telephone call after your surgery for an update.

Office hours are M-F 8:30am-4:30pm

Office # is 720-758-6760