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1. You are scheduled for foot surgery on \_\_\_\_\_ @ the Hudson Valley Center at Saint Francis Hospital. It is located on the 5<sup>th</sup> floor of the Atrium near the parking garage. The phone number there is 845.483.5900, if you have any questions or concerns about the facility.
2. Your surgical consent appointment at this office is \_\_\_\_\_ @ \_\_\_\_\_ am pm. You **MUST** bring the enclosed packet with the completed forms with you at the time of your visit. The packet includes the:
  - ❖ Pre-Anesthesia Questionnaire
  - ❖ The completed History and Physical form with Medical Clearance from your Primary Care Physician
  - ❖ Please have your most recent blood work. This must be within 30 days of the surgery to be valid.
  - ❖ If an EKG is required, it must be performed within 6 months of the surgery
3. Your Physician must be made aware of any medication, vitamins or other supplements you are taking.
4. **No ASPIRIN** or ASPIRIN-LIKE MEDICATIONS, such as Naprosyn, Motrin, Aleve, Ibuprofen, Relafen, or Voltaren are to be taken within one week of the surgery. This also includes any cold or sinus medications containing aspirin.
5. If you take **COUMADIN**, or other blood thinners, you must contact and inform your physician you are having surgery. They will instruct you as to the regimen prior to surgery.
6. You **MUST** have someone pick you up after the procedure (s). You will NOT BE ALLOWED to leave on your own, take a taxi, or use mass transit. IF YOU DO NOT HAVE A RIDE HOME, THE SURGERY WILL BE CANCELLED AND MAY NOT BE RE-SCHEDULED.
7. On the day of surgery, you need to remove any nail polish from ALL the nails of all the foot you are having surgery on.
8. Wear loose-fitting pants, shorts or athletic wear that will allow a large bandage to be placed on your foot and/or leg.
9. **DO NOT EAT OR DRINK ANYTHING** after midnight, on the morning prior to the surgery. Not even a glass of water, cup of tea, or sports drink. DOING SO, PUTS YOU AT RISK FOR ASPIRATION OF FLUID INTO YOUR LUNGS DURING THE SURGERY, while under anesthesia.
10. You CANNOT get the bandage wet after surgery. IF THE BANDAGE GETS WET, YOU ARE AT RISK FOR A SEVERE INFECTION AND POSSIBLE LOSS of YOUR TOE, FOOT or LEG.

**If you have any concerns or questions, please contact the office at 845.897.3338**

PLEASE BE PREPARED TO PURCHASE A SURGICAL SHOE. WE ALSO HAVE AVAILABLE A CAST PROTECTOR THAT CAN BE WORN IN THE SHOWER, SO THE BANDAGE DOES NOT GET WET.