

## **GENERAL INSTRUCTIONS FOR PATIENTS HAVING FOOT SURGERY**

Please adhere closely to the following instructions:

It is very important for you to follow these instructions in order to have a smooth and complication free surgical experience.

1. Do not eat or drink anything after midnight the night before the scheduled surgery.
2. If you are a smoker, discontinue smoking 48 hours prior to your surgery.
3. If you take medications, and if you take medication in the mornings, the general rule is that you take your morning medications as you normally would with a very, very small amount of water. For those patients that have diabetes, it is important that you discuss with your doctor, how to manage your diabetes medications, including insulin on the morning of your surgery. That conversation should occur at least one day prior to the date of your scheduled surgery.
4. Make sure that you have arranged for transportation home from the location where you are having your surgery. Next it is important that you try to have a good night sleep before the surgery, so that you are well rested for the surgical experience.