



## Dr. Davis Pre-Op Foot Surgery

1. Stop blood thinners 5 days prior to surgery; unless you were instructed differently. This includes aspirin, Advil, Coumadin (warfarin), Ibuprofen. It is OK to take Tylenol for pain if needed.
2. Do not eat or drink anything after midnight the evening prior to surgery.
3. It is OK to take blood pressure medication the morning of surgery with a very small sip of water.
4. If you have asthma or COPD, bring your inhaler with you to surgery to use prior to the surgery.
5. It is best to have ice packs available (frozen peas work well). Have 3 or 4 packs available and ready to use.
6. If you are diabetic, hold your morning insulin the day of the surgery.
7. You will want to arrive approximately 1 and ½ hours early to surgery so they can start an IV and the anesthesiologist will ask you questions and prepare you for the surgery.
8. You will need to be seen by Dr. Davis within 30 days before your surgery for hospital regulations.
9. Make sure you contact your employer for FMLA paperwork and/or disability paperwork if needed before the surgery. Please make certain there is a fax number included for where to send the paperwork.
10. Make sure you bring your CAM boot and crutches to surgery if you were given these items.
11. It is best to have a friend or family member available for 1 – 2 days after surgery and sometimes longer, depending upon the surgery.
12. You will see Dr. Davis at 1-week, 2-weeks, 4-weeks and typically 8-weeks after surgery.
13. You will need to keep your foot dry for 2 weeks after surgery until the sutures are removed in the office.
14. You can purchase a cast dry, a plastic sleeve to keep the foot dry, available at local pharmacies.
15. It is best to have pain medication at home already for after your surgery. If you have a prescription, have it filled prior to the surgery.