

SURGERY CHECKLIST

- ☐ IDENTIFICATION CARD AND INSURANCE CARDS
- ☐ CONTACT INSURANCE FOR BENEFITS
- ☐ BLOOD THINNING MEDICATIONS DISCONTINUED (SEE ATTACHED)
- ☐ ALL JEWELRY AND VALUABLES ARE LEFT AT HOME
- ☐ NAIL POLISH, LOTIONS AND DEODORANTS HAVE BEEN REMOVED
- ☐ LATEX ALLERGIES OR MED ALLERGIES WERE RELAYED TO HEATHER
- ☐ TRANSPORTATION TO AND FROM THE HOSPITAL HAS BEEN ARRANGED
- ☐ **ALL** SURGICAL INFORMATION HAS BEEN REVIEWED

FOOT & ANKLE SPECIALISTS OF VA

In order to prepare your surgery, you need to do the following:

- COMPLETE SURGERY CHECKLIST
- REVIEW ALL DOCUMENTS ENCLOSED IN SURGERY PACK
- INFORM YOUR NURSE WITH MEDICATION ALLERGIES AND LATEX ALLERGIES

TWO WEEKS BEFORE SURGERY:

Discontinue use of any medications listed on the list you received.

**HISTORY AND PHYSICAL, LABWORK & EKG COMPLETED BY YOUR PRIMARY DOCTOR
MUST BE RECEIVED BY OUR OFFICE**

FIVE DAYS BEFORE SURGERY:

Discontinue use of blood thinning medications such as Plavix, Pletal, Coumadin, Warfarin and Aspirin, Birth Control, Anti-inflammatory, NSAIDS, and Steroids

ONE DAY BEFORE SURGERY:

Do NOT eat or drink anything after midnight the night before surgery

Remove all toenail polish

DAY OF SURGERY:

Only take the medications you have been instructed to take in the morning with just a sip of water

Leave jewelry and valuables at home

Have someone drive you to and from the hospital

Plan to have prescriptions picked up after release

AFTER SURGERY:

Remember to take all your medications as directed, do not wait until you are in severe pain.

If you have an upset stomach, rash or other reaction, discontinue the medication and call Heather, Dr. Rubin's medical assistant or if after office hours, the doctor on call.

Keep your dressing dry and untouched until your post op appointment.

If you have any questions regarding your surgery or medications, please call the office and speak to Heather at 804.746.5488.

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MEDICATIONS TO AVOID PRIOR TO SURGERY:

TWO WEEKS PRIOR TO SURGERY:

Vitamin E, Nutritional supplements, aspirin, or aspirin products, medications containing ibuprofen should also be discontinued because they will promote bleeding. This will help you avoid bleeding complications during your surgery.

PRODUCTS CONTAINING ASPIRIN:

Alka-seltzer, Anaxin, Analgestine, APC or ASA, Ascription, Asperbuf, Aspercin, Aspergum, Aspirin, Aspirin Suppositories, Aspir-phen, Aspiatab, Bayer, Buffdyne, Buffaprin, Congesprin, Coricidin, Darvon, Darvon Compound, Dristan, Duragesic, Ecotrin, Equagesic, Tabs, Excedrin, Feldene, Fiogesic, Fiorinal, 4 way cold tabs, Gelprin, Indocin, Liquiprin, Lortab, ASA tabs, Meproamate, Midol, Motrin, Norgesic, Norwich Aspirin, Percobarb, Percodan, Robaxisl, Sine-Aid, Sine-off, SomaComp tabs, St. Joseph Products, Talwin compound, Tolectin, Triaminicin, Trigesic, Vanquish, Zorprin

PRODUCTS CONTAINING IBUPROFEN:

Advil, Haltran, Medipren, Midol 200, Motrin, Peptobismol. Muprin, Rufen

NUTRITIONAL SUPPLEMENTS:

Bilberry, Cayenne, Echinacea, Feverfew, Fish Oil caps, Garlic, Ginger, Gingko Biloba, Ginseng, Kava Kava, Valerian, Licorice root, Ma Huang, Melatonin, St. John's Wort, Vitamin E, Yohimbe

If you need to take something for headache, menstrual cramps or other aches and pains, you may take Tylenol (acetaminophen) as directed for the time prior to surgery. Check the labels on any medications or supplements you plan to take in pill, capsule, or liquid form. Do not take anything containing acetylsalicylic acid or salicylates.

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**TAKE THIS FORM TO YOUR PRIMARY CARE DOCTOR FOR
COMPLETION!**

Patient name: _____ DOB: _____

Social security number: _____ HT _____ WT _____ Alcohol _____ Tobacco _____

HISTORY

Present illness: **PRE-OPERATIVE CLEARANCE.** SURGERY DATE: _____

PROCEDURE: _____

PHYSICAL EXAMINATION

GENERAL	
HEENT	
CHEST	
ABDOMEN	
GENITALIA	
RECTAL	
EXTREMITIES	
NEUROLOGICAL	

IMPRESSIONS:	
COMMENTS:	

Name/Signature of Physician _____

Date: _____ Time: _____

****PATIENT MEDICALLY STABLE FOR SURGERY: _____YES _____NO**

**LABWORK WILL BE ORDERED AT TIME OF SURGERY
CONSULTATION!**

PLEASE HAVE RESULTS FAXED TO THE OFFICE ASAP!

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POST OPERATIVE CARE INSTRUCTIONS:

1. Have your prescription filled and go home immediately after surgery.
2. Keep your foot elevated at least 6 inches above your heart by placing a pillow, length wise under your lower leg. You may sit in a chair or lie in bed.
3. Do NOT bear weight on the operative foot any more than is absolutely necessary, until seen for 1ST post operative visit, or unless instructed otherwise.
4. **Keep the bandage clean, dry and DO NOT REMOVE FOR ANY REASON.**
5. It is not unusual for blood to appear on the outer cover of your dressing; if you observe bleeding seeping through the bandage that the dressing is wet, please contact your doctor, or nurse at the number listed above.
6. Place ice, wrapped in a plastic bad and towel at the ankle on the side you had your surgery. Do this for 20 minutes each hour throughout the next few days following your surgery. DO NOT APPLY ICE ONCE YOU HAVE GONE TO BED FOR THE NIGHT.
7. **DO NOT DRINK ALCOHOLIC BEVERAGES WHILE YOU ARE TAKING MEDICATION.**
8. Take your temperature 3 times a day, if your temperature exceeds 100.0 F, contact your doctor or nurse.
9. If you have been given a surgical shoe, it is to be secure and worn at all times when weight is put on the foot.
10. If you have any questions or concerns, DO NOT hesitate to call your doctor or nurse.

YOUR POST OPERATIVE APPOINTMENTS ARE AS FOLLOWS:

(Dressing change)

POST OP #1 _____

(Suture removal)

POST OP #2 _____

(Pin removal, if necessary)

POST OP #3 _____