

Jennifer L. Somers, DPM

PRE-OPERATIVE INSTRUCTIONS and INFORMATION

248-751-1025

1. WASH FOOT THOROUGHLY TWICE DAILY WITH SOAP AND WARM WATER FOR 1 WEEK PRIOR TO SURGERY.
2. CLEAN THE TOENAILS THOROUGHLY. Remove all nail polish prior to the morning of surgery.
3. If your surgery is to be performed at a hospital or surgical center, DO NOT EAT SOLID FOODS **AFTER 10PM** which includes milk products, baby food and cereals (or 8 hours before your surgery) unless given SPECIFIC INSTRUCTIONS by your physician.
4. PLEASE REFRAIN FROM WEARING TIGHT-FITTING GARMENTS. (We suggest a sweat suit or shorts — garments which can be easily removed over bulky surgical dressing.)
5. PLEASE BE PROMPT FOR SCHEDULED SURGERY TIME.
6. YOU MUST HAVE SOMEONE THERE AT THE HOSPITAL/SURGICAL CENTER DURING YOUR ENTIRE SURGERY.
7. YOU MUST HAVE A DRIVER. YOU CANNOT DRIVE YOUR SELF HOME.
8. If necessary, bring to our office ANY PRE-CERTIFICATION NUMBERS or FORMS YOU MAY HAVE RECEIVED FROM YOUR INSURANCE COMPANY OR PRIMARY CARE PHYSICIAN.
9. IF THERE ARE ANY QUESTIONS REGARDING THE SURGERY, PLEASE CALL THE DOCTOR.

PATIENT SIGNATURE: _____ DATE: _____