



## Bay Harbor Podiatry Group

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### INSTRUCTIONS PRIOR TO SURGERY

**VERY IMPORTANT – DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT BEFORE SURGERY *UNLESS INSTRUCTED TO DO SO BY THE DOCTOR!!* IF YOU DO SO BY MISTAKE, YOU MUST CONTACT YOUR DOCTOR OR THE SURGICAL FACILITY IMMEDIATELY PRIOR TO ADMISSION.**

1. You may have received a pre-operative prep kit. This contains an antiseptic solution and an antiseptic scrub brush.
2. Using the soft side of the brush and the solution, wash your feet from the toes to the ankles for 5-10 minutes, and then rinse the solution off. Pay special attention to the nails and between the toes. Do this once or twice a day starting three days prior to surgery.
3. Save the brush for after surgery, as it may be used to remove dry skin.
4. Your doctor will go over your current medications with you and will discuss whether or not you should take them on the day of surgery.
5. Most importantly, if you have any questions, PLEASE ASK. Your health is of utmost importance to us.
6. Facility: \_\_\_\_\_

Surgery Date: \_\_\_\_\_

Admission Time: \_\_\_\_\_ Surgery Time: \_\_\_\_\_

**YOU MUST BRING ALL YOUR INSURANCE INFORMATION TO THE FACILITY ON THE DAY OF SURGERY**

**PLEASE CALL THE OFFICE WITH ANY QUESTIONS  
TELEPHONE: (310) 540-1213**