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Disorders of the Foot/Sports Medicine

## PRE - OPERATIVE FOOT SURGERY INSTRUCTIONS

\_\_\_\_\_1. Obtain from your pharmacy a 4 (four) ounce bottle of Betadine skin cleanser and a complexion brush or soft hand brush.

\_\_\_\_\_2. Scrub with Betadine 3 (three) minutes a day to each foot 3 (three) days before surgery.

Place both feet into a basin containing lukewarm water.  
Remove one foot from the basin and apply a few drops of Betadine on the skin and on the brush; rub and scrub over the entire foot and above the ankle.  
Return foot to basin and repeat the same procedure on the other foot.

\_\_\_\_\_3. On the day of hospital admission, shave off any hair from the toes and ankles.

\_\_\_\_\_4. On the day of minor office surgery, shave off any hair from toes or ankles.

\_\_\_\_\_5. Arrange for transportation; do not drive yourself.

\_\_\_\_\_6. Take medication if any, as directed.

\_\_\_\_\_7. Your foot surgery is scheduled in the office on \_\_\_\_\_>

\_\_\_\_\_8. Your foot surgery is scheduled at \_\_\_\_\_ on \_\_\_\_\_.

Arrive as directed by ambulatory surgery nurse, Make sure you have ample time to complete any necessary labs or diagnostic studies.

\_\_\_\_\_9. Unless otherwise directed, DO NOT EAT or DRINK ANYTHING 8 (eight) hours prior to your scheduled surgery.

HEALTHY FEET FOR AN ACTIVE WORLD