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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