



The Austin Diagnostic Clinic
Department of Podiatry

**PREOPERATIVE INSTRUCTIONS
AMBULATORY SURGERY PATIENTS**

Location of Surgery: _____ Date of Surgery: _____

Contact Name & Phone Number: _____ @ 512-901-4947 _____ @ 512-901-7519
(Circle One) _____ @ 512-901-4954 _____ @ 512-901-3596

1. YOU MUST SCHEDULE AN APPOINTMENT WITH YOUR PRIMARY CARE PHYSICIAN TO OBTAIN SURGICAL CLEARANCE. FAILURE TO DO SO WILL RESULT IN IMMEDIATE CANCELLATION OF YOUR SURGERY. PLEASE SCHEDULE THAT APPOINTMENT WITHIN ONE WEEK FROM THE DATE OF YOUR SURGERY. YOUR APPOINTMENT SHOULD FALL WITHIN THE FOLLOWING DATES: _____

2. If you are scheduling your surgery a month from today's date, please make an appointment with your Podiatrist one week prior to your surgery. This date should be: _____

3. A few days prior to your surgery, you will be notified by the surgery center concerning the time you are to report for surgery. They will also schedule a time to meet with you to sign your consent forms and go over final details pertaining to your surgery. If you have not heard from them 2 days prior to your surgery, please give them a call at [ASC 512-901-4029] or [NAMC 512-901-2015].

4. Contact your Podiatrist's office for any change in your physical condition/health. An example of this would be a cold, sore throat, fever, chills, frequent urination with burning and or urgency, any other condition that may be contagious.

5. If you take medications on a regular basis for any medical condition, please check with your primary care physician during your preoperative visit to determine if you should stop or alter any doses prior to your surgery. Examples of these medications include, but are not limited to blood pressure pills, thyroid pills, steroid pills, pills for diabetes, anti-rejection medications etc.

6. Be sure to arrive at your surgery location on time. A late arrival may result in cancellation of your surgical procedure. If for some reason you should need to cancel your surgery, please call the above indicated phone number.

7. You will be required to have a responsible individual wait with you or pick you up once you have been released from the surgery facility. You will not be allowed to drive, take a cab or bus once your physician has discharged you.

8. Please do not bring children with you, for the surgery center does not provide day care services while you are in surgery.
9. Medications will be called in the day prior to your surgery. Please make sure that you pick your medications up prior to having your surgery done. This will prevent you from having to stop to pick them up on your way home from the surgery center.
10. It is required by the hospital that you have crutch training if you have never used crutches before or have never had formal crutch training. You may obtain crutches through your local pharmacy for a small fee, or you may wish to purchase a pair from your Podiatrist's office.
11. Do not have anything by mouth after midnight the night prior to your surgery. This includes chewing gum and smoking. You may have clear liquids past midnight up until 8 hours prior to your surgery. If your surgery is at 7 am, then you may not have anything after 11 PM the night before.
12. Do not wear fingernail polish, make-up or jewelry to the hospital.
13. Contact lenses or dentures can not be worn in the operating room. Be sure to bring a container to store these items in while you are undergoing your procedure.
14. Remember to wear comfortable clothing. Often after surgery, tight clothing can be uncomfortable and create difficulty getting dressed.
15. Female patients may bring personal feminine hygiene products to surgery with them to surgery.

I have read and understand the above instructions

Your signature