

1. Please have your Rx pain medications filled prior to day of surgery. The pharmacy needs a written script for all narcotics. It will be less stressful and one less thing to do. Please call our office if do not have a prescription.
2. Stop smoking as soon as possible. Smoking has been shown to delay healing and reduce circulation. It is even more important if you are having surgery that requires any fixation (screw, plate, pins).
3. **NIGHT BEFORE SURGERY**
 - bathe your foot
 - remove any nail polish
 - shave operative site gently
4. You may eat a normal meal the evening prior to surgery. You may NOT eat anything 8 hours prior to your arrival time. You may sip on water or clear liquids (e.g. apple juice) 4 hours prior to arrival time.
5. Notify our office immediately if you have a cold or flu as surgery may need to be rescheduled.
6. Please take an oral multi-vitamin preferably several weeks before surgery and continue afterward. If you take antibiotics before seeing the dentist, you will need to take them for your foot surgery also. Let Dr. Bhakta know immediately if antibiotics were not called in to a pharmacy.
7. **DAY OF SURGERY**
 - Wear loose clothing because of bandages or cast to slip off and on**
 - Shower before coming to hospital**
 - No Body Powder or Lotion after bathing**
 - No Make-up, nail polish, jewelry, contact lenses**
 - Leave valuables (money, credit cards) at home**
8. You will have to bring someone with you that can drive you home after surgery. I recommend you sit in the back seat going back home with your foot elevated.
9. The Prince William hospital OR scheduling number is 703.369.8390 and Pre-Op Screening 703.369.8431.
10. Your post operative appointment will be made after surgery.
11. If you have any questions prior to surgery, please call our office or email us at www.pwfoot.com.