



## GLACIER FOOT AND ANKLE ASSOCIATES

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### BEFORE SURGERY

- NPO – Nothing by mouth  
Do not eat or drink after midnight the evening before surgery. This includes water.
- Consult with your physician whether you should take any medications before surgery. Diabetics are not to use Insulin the morning of surgery. Diabetics taking oral medications are to skip their normal dose the evening before surgery.
- Do not wear any make-up, hairpins, contact lenses or false eyelashes. Leave jewelry and valuables at home.
- Have a responsible adult to drive you home. You will not be allowed to drive yourself home following surgery and the administration of anesthesia.
- Wear loose casual clothing that is comfortable and that can fit over bulky dressings or a cast on the leg.
- If you should become ill prior to surgery notify your surgeon immediately.
- Upon returning home, follow your surgeon's orders regarding activity restrictions and medications.

### AFTER SURGERY

- Do not drive, operate machinery or drink alcohol for 24 hours following surgery and while taking narcotic pain medications.
- Arrange for a friend or family member to be with you immediately after surgery and for at least the first 24 hours.
- Following anesthesia, begin with liquids and return to regular diet as tolerated.
- Stay at home and restrict activities 48-72 hours following surgery.
- Follow your surgeon's post-operative instructions.