

Podiatry Pre-Operative Instructions and Checklist

Once surgery date is confirmed:

- Schedule pre-op clearance with your primary care provider (PCP), visit to be **completed within 30 days of your surgery date**. Visits completed more than 30 days from your surgery date may result in surgery being rescheduled or being required to complete a second pre-op visit.
- If you require FMLA, short term disability, or other forms for work or school you are responsible for providing necessary forms to our office.
 - Please allow at least 5 business days to complete forms.
 - Completed forms will be returned to you directly unless otherwise indicated.
 - Forms requiring completion may be faxed to: 608-501-6119.

7 days prior to surgery:

- Hold prescription blood thinners (warfarin, apixaban, dabigatran, rivaroxaban, edoxaban) as directed by primary care provider. **Do not stop medication without discussing with your primary care or prescribing provider.**
- Hold GLP-1 agonist (dulaglutide, exenatide, liraglutide, lixisenatide, semaglutide) if taking **weekly**.
- Hold aspirin unless otherwise directed by primary care provider or prescribing physician.
- Hold anti-inflammatory medication (Ibuprofen, Motrin, Aleve, Advil, Diclofenac etc.)
- Hold Vitamin E (which is present in multi-vitamins, nuts and wheat germ), multivitamins, fish oil, flaxseed oil, and supplemental anti-oxidants (included vitamin C).
- Hold herbal supplements such as glucosamine chondroitin, ginkgo, saw palmetto, and arnica montana.

*Tylenol (acetaminophen) may be taken as needed for aches & pains up until the day before surgery, follow directions on package/bottle.

* Calcium and Vitamin D are ok to continue taking.

A few days prior to surgery:

- You will receive a call from the Outpatient Surgery Department a day or two prior to surgery with your arrival time and medication instructions.

The day before surgery:

- Do not shave around the surgical incision area.
- Shower using Hibiclens soap, follow instructions at end of document.
 - *It is recommended to sleep on clean sheets without pets following use of Hibiclens soap.
- Take ½ dose of evening long-acting insulin (lantus, NPH, and mixed).

The morning of surgery:

- Do not eat or drink anything after midnight before your surgery.**
- Take medications with a sip of water *as advised during your pre-op call*.
- Hold GLP-1 agonist (dulaglutide, exenatide, liraglutide, lixisenatide, semaglutide) if taking **daily**.
- Hold morning dose oral diabetes medication (metformin, Glucophage, actos, glyburide, tolinase, avandia, anaryl, etc) and/or short acting insulin (regular).

- Take ½ dose of morning long acting insulin (lantus, NPH, and mixed).
- Shower using Hibiclens soap, follow instructions at end of document.
- Wear clean clothes/pajamas to the hospital.
- Remove all jewelry, including rings on fingers and toes.

Showering With Antimicrobial Soap Before Your Surgery:

Prevention of surgical wound infection is important to your recovery. One of the ways you can help prevent infection is by bathing/showering with an antimicrobial soap before your surgery. Please read and follow the below:

Do not use Hibiclens:

- If you have an allergy to chlorhexidine-containing products.
- On your head or face (if you get this soap into eyes, flush with water)
- On the vaginal area.
- With regular soap as this minimizes/lessens effectiveness. Use **only** Hibiclens to bathe the evening prior to and morning of surgery.

Do not:

- Apply powder or lotion after bathing with Hibiclens.
- Shave the area of your body where your surgery will be performed; shaving increases your risk of infection.

SHOWERING INSTRUCTIONS: *These instructions will differ from the instructions on the Hibiclens package.* Package directions are for healthcare providers when used as a skin antiseptic before performing an invasive procedure.

Instructions for showering:

1. Rinse your body thoroughly with water.
2. Turn water off to prevent rinsing the Hibiclens soap off too soon.
3. Use a clean washcloth and begin at your neck (do not use on head or face), gently wash body (avoid vaginal area) for five (5) minutes. Hibiclens will not lather like traditional soap.
4. Turn water on, rinse well and pat dry using a clean towel.
5. Wear clean clothes after shower.
6. It is recommended to sleep on clean sheets without pets following use of Hibiclens soap.