



**JEFF FEINBLATT MD PC**

BOARD CERTIFIED ORTHOPEDIC SURGEON

*Foot & Ankle Reconstruction and Sports Medicine*



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## Preparing for Surgery

You and Dr. Feinblatt have decided that surgery is an appropriate treatment for your current condition. This decision can be stressful and might make you anxious. Therefore, we have put together some additional information for you to review about what to expect before, during and after your surgical procedure.

### **Before your surgery date:**

- Be sure to have all of your questions answered by Dr. Feinblatt and his team. If you have multiple questions you may want to consider requesting an additional pre-operative appointment to discuss these in the office
- If you have paperwork such as short-term disability, FMLA, or information for your employer, please bring these to the office. We are familiar with completing these forms, but cannot take care of these the day of surgery.
- Your first post-operative visit with D . Feinblatt or Brittany Maillet, PA-C, should be scheduled prior to surgery. If it was not, please call Cheryl at (503) 905-4129.
- Stop taking NSAIDs (non-steroidal anti-inflammatory drugs such as Advil and Aleve) 1 WEEK prior to your procedure.
- Certain blood thinners need to be stopped or switched to other medications prior to surgery to prevent excessive bleeding during and after your surgery. Please contact our office if you are taking these types of medications and have not been given instructions on how to proceed. These medications include but are not limited to:
  - Warfarin, Coumadin, Plavix, Lovenox, Xaralto
- Be sure you have arranged a ride home with friends or family because you will not be able to drive yourself.
- If you will not be able to put weight on your leg after surgery, practice using crutches, a walker, or a knee scooter.
- Please shower normally the night before and again the morning of your procedure to decrease bacteria on your skin. Use Hibiclens (Chlorhexadine) available over the counter at the pharmacy as your soap on the operative extremity. This will help reduce the risk of post-operative wound infections.
- DO NOT shave the extremity that is to be operated on for at least a few days before your surgery date.
- Remove nail polish before surgery, if possible.
- The surgical facility and anesthesiologist will typically try to contact you by phone prior to the day of surgery. Ideally we have a cell phone number on record for you.



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## **The Day of Surgery:**

- DO NOT eat or drink anything after midnight the night before your procedure. This includes water, gum, coffee, etc. You will take any medications you normally take in the morning, with the exception of blood thinners, or other medications you were advised not to take the morning of surgery. Please take any medications with small sips of water.
- Bring a list of your medications, allergies, and any advanced directives or other health information that you may need with you to the surgery center or hospital.
- Leave valuables at home including jewelry and cash. Any body piercing jewelry should be removed.
- You should have been provided a time to arrive at the surgical facility, however, please remain flexible the day of surgery. While Dr. Feinblatt tries not to make last minute changes to the schedule, this can happen. Also, Dr. Feinblatt will take the time needed to provide exceptional care to every patient. Some cases will take less time than expected and others will take longer than expected. This is a normal aspect of surgery. Bring a book or something else to keep you occupied as you wait.

## **After Surgery:**

- Have all your questions answered regarding home instructions BEFORE you leave the facility.
- A home instruction sheet created by Dr. Feinblatt will be reviewed by nursing staff and provided to you before you leave. This sheet will cover many common questions that may arise after surgery.