



## **ADVANCED FOOT & ANKLE CENTER**

**MARIO VOLOSHIN, DPM, FACFAS.**

*ABFAS Board Certified in Foot Surgery.*

*ABFAS Board Certified in Reconstructive Rearfoot and Ankle Surgery.*

**LESTER N. DENNIS, DPM, FACFAS.**

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### **PRE-OPERATIVE INSTRUCTION SHEET**

YOU HAVE BEEN SCHEDULED FOR SURGERY AT:

**NY Presbyterian Queens**  
**56-45 Main Street**  
**Flushing, NY 11355**  
**T:718-670-1231**

**Gramercy Surgery Center**  
**59-25 Kissena Boulevard**  
**Flushing, NY 11355**  
**T:718-280-9788**

**Goldstep Surgical Center**  
**3007 Farragut Road**  
**Brooklyn, NY 11210**  
**T:347-915-1177**

1. Your Surgery has been scheduled for \_\_\_\_\_ at \_\_\_\_\_
2. Your Pre-Surgical testing and medical clearance should be performed within 7-10 days before the date of your surgery.
3. Please have the Pre-Surgical testing delivered or faxed to this office when complete
4. DO NOT EAT OR DRINK ANYTHING FROM MIDNIGHT ON THE DAY OF SURGERY
5. DO NOT TAKE ANY MEDICATION THE MORNING OF THE SURGERY UNLESS SPECIFICALLY DIRECTED TO DO SO.
6. If you are taking any medications on a regular basis, please bring the bottle of medication with you to the hospital.
7. Wear loose fitting comfort clothes to the hospital. Remember you will have a bandage or cast on your foot.
8. You must have someone to escort you home from the hospital. You will not be discharged to a taxi driver.
9. If you have any questions prior to the surgery you can contact this office or the Ambulatory surgery department at the hospital.
10. YOU MUST CHECK IN AT THE HOSPITAL 1 ½ HOURS BEFORE THE TIME YOU ARE SCHEDULED FOR SURGERY.

**IN CASE OF AN EMERGENCY, PLEASE CONTACT**

**Dr. Mario Voloshin: 347-762-3668**

**Dr. Lester Dennis: 347-762-4301**



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### **HOW TO PREPARE FOR SURGERY**

This guideline will help you understand what to expect before and after your surgery. If you have any questions or concerns, please do not hesitate to contact the office and speak to our professional and educational staff.

### **THE WEEK PRIOR TO SURGERY**

- If you develop a cold, fever, sore throat, respiratory infection or urinary tract infection, please contact our office and speak to the clinical staff.
- These conditions may increase the operative and anesthesia risks. Your surgery may need to be rescheduled.
- **DO NOT TAKE ASPIRIN OR ANY DRUG THAT CONTAINS ASPIRIN OR ANTI INFLAMMATORY MEDICATION 10 days before your operation. EXCEPTION** Celebrex, Vioxx, Betra or Mobic may be taken as directed by your physician. If you are taking aspirin, Coumadin or another blood thinner under the order of a physician because of a history of stroke, heart disease or other vascular problems, you must discuss stopping this medication with your medical doctor before your upcoming surgery.
- A postoperative visit will be necessary 3-5 days after your surgery. This can be scheduled either before or after your surgery.
- **YOU MAY NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT (12:00) THE NIGHT BEFORE YOUR SURGERY.** A light supper is suggested the evening before. If you are a diabetic, please consult with your primary care physician regarding eating and dosing your diabetic medication. If you are currently taking prescription medication, take your morning dose with a sip of water if suggested by your physician. You may brush your teeth, but do not swallow the water.
- If you were instructed to obtain preoperative lab work (either at the hospital where you are scheduled for surgery or with your primary care physician), please be sure these are completed within (2) weeks of your surgery date. In addition, some patients are required to obtain a letter of medical clearance from their primary care physician. The medical clearance must be completed within (2) weeks of your scheduled surgery date. It is your responsibility to have your primary care physician send or fax these results and letter of clearance to the Office Manager Samantha at (718)-389-5317.
- Our office will obtain authorization for the procedure. There may be another doctor present at your procedure to assist your surgeon. Please be aware there may be deductibles, co-pays and/or physician assistant fees with your insurance. The office manager can discuss possible options with you when scheduling your procedure.



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### **THE DAY OF YOUR SURGERY OR PROCEDURE**

- The hospital/surgical center will call you the day before your procedure to tell you what time to report to the facility. If there are any questions, please call our office and speak to the office manager SAMANTHA at 718-389-4404.
- Wear comfortable, loose fitting clothes the day of the surgery. If applicable, please bring containers and solutions for contact lenses and/or dentures.
- **DO NOT BRING ANY ITEM OF VALUE TO THE SURGICAL FACILITY** (jewelry, cash, etc.)
- Remove all make-up, nail polish, hair pins, contact lenses, dentures, jewelry and body piercings.

### **AFTER YOUR OPERATION IS COMPLETE**

- You should expect some swelling and pain at and around the surgical site during the days following the surgery.
  - You will find a bulky dressing covering the surgical site. **PLEASE KEEP THE DRESSING DRY AND INTACT UNTIL YOU'RE POSTOPERATIVE VISIT**, unless instructed otherwise by your surgeon/nurse or medical assistant.
  - A small amount of blood on the dressing is normal. If you notice large amounts of blood or bright red blood, please contact the office immediately at 718-389-4404.
  - Keep the limb of the surgery site elevated above the level of the heart as much as possible during the days after surgery.
    - You may use an ice pack or bag of frozen peas to ice the affected area as directed.
    - You may shower, but **YOU MUST KEEP THE AFFECTED LIMB COVERED WITH A PLASTIC BAG AS DIRECTED BY THE PHYSICIAN**
    - Take your medications as instructed. If they cause stomach upset, headache, skin rash or other abnormal reactions, please contact the office as soon as possible.
    - If you notice a foul odor or large amounts of drainage coming from your incision, a fever over 100 degrees for more than two (2) days, increased swelling, tenderness or pain contact the office immediately.

We hope that this guideline has helped to answer some of the concerns you may have regarding your upcoming surgery. Our clinical staff is always available to discuss any questions you may have.