

# **Florida Foot & Ankle Associates, LLC**

## **Drs Cantor & Hochman, LLC**



Diplomates American Board of Podiatric Surgery  
Fellows American College of Foot & Ankle Surgeons

David K. Cantor, DPM, FACFAS  
Richard Hochman, DPM, FACFAS  
Elbys Era DPM

### **Pre-Operative Instructions**

▪ **Your surgery is scheduled at:** \_\_\_\_\_

**date:** \_\_\_\_\_ **time:** \_\_\_\_\_

If surgery is scheduled at a hospital, please arrive 2-hours prior to your scheduled surgery time.

**Your postoperative visit is scheduled at:** \_\_\_\_\_

**on:** \_\_\_\_\_

**DO NOT TAKE ANY PRODUCTS CONTAINING ASPIRIN OR ASPIRIN-LIKE SUBSTANCES ONE WEEK BEFORE THE SURGERY.** Please inform your doctor of any blood thinner, steroids or immunosuppressive medication you might be taking.

**IF YOU SMOKE, STOP SMOKING ONE WEEK BEFORE SURGERY. DON'T SMOKE 6-8 WEEKS AFTER THE SURGERY.**

▪ **The night before surgery:**

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**
- **FOOT SCRUB:** After bathing or showering as usual, scrub the foot you are going to have surgery on with antiseptic CHG soap\* solution starting at areas where the incision (s) will be located. Scrub the entire foot for about 3 minutes, focus on the incision areas. **REPEAT THIS SCRUB THE MORNING OF SURGERY.**
- Avoid scrubbing you skin too hard.
- Once you have completed the scrub, rinse the CHG soap off your foot completely
- Do not wash with regular soap after you have used the antiseptic CHG soap solution.
- Do not shave any areas where surgery will be performed
- Dry with a clean freshly washed towel.
- **DO NOT** apply any powders, deodorants or lotions.
- Dress with clean, freshly washed socks.

\* Chlorhexidine Gluconate Solution 4.0% ( HIBICLENS LIQUID 8 OZ. BOTTLE) AVAILABLE OVER THE COUNTER AT ANY PHARMACY

▪ **The morning of surgery:**

- **DO NOT EAT OR DRINK ANYTHING!** Including coffee, tea, or liquids of any kind. You may brush your teeth and use mouthwash. **DO NOT** swallow any of the liquid.
- **REPEAT FOOT SCRUB AS INSTRUCTED** on the night before.
- Be sure to arrive at the facility in which your procedure is to be performed on time, **2 hours before the scheduled time of your surgery.** If you are going to be late the day of surgery, please inform the facility immediately.
- **Bring any CT scan, MRI images, X-rays or photos to the hospital,** if you have not already given them to Dr. Cantor, Dr. Hochman, Dr. Era or their nurse.

▪ **After the surgery**

- You **MUST** arrange for someone to drive you back home. You will receive narcotics and/or sedatives before, during, and/or after the operation. **It is unsafe for you to drive right after surgery under the influence of these medications.**

If you have a question or concern, first refer to the printed "WHAT TO DO AFTER SURGERY" sheet given to you by our office. If the answer is not there or you still have a concern or question, do not hesitate to call our office at: (305) 385-9494

Call the office if any of the following conditions should develop:

- Persistent fever above 101.5°
- Excessive Bleeding from the Surgical Wound
- Excruciating foot or leg pain that is not relieved by pain medication prescribed

**I HAVE RECEIVED THESE INSTRUCTIONS AND UNDERSTAND THE IMPORTANCE TO FOLLOW THESE DIRECTIONS.**

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PATIENT'S SIGNATURE

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8785 SW 165th Ave  
Miami, FL 33193  
Suite 110  
(305) 385-1144  
FAX: (305) 385-1145

475 Biltmore Way  
Coral Gables, FL 33134  
Suite 108  
(305) 442-4098  
FAX: (305) 442-9505