



Era Foot and Ankle, LLC

Elbys Era, DPM

Diplomate, American Board of Foot and Ankle Surgery
Specializing in Wound Care of the Lower Extremity and Diabetic Limb Salvage.

10621 N. Kendall Dr.
Miami, FL 33176
Suite 213
Ph.: 786-464-0631
Fax: 786-762-2632

Peri-Operative Instructions

Your surgery is scheduled at: _____

On: _____

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

Your postoperative visit is scheduled for: _____

DO NOT TAKE ANY PRODUCTS CONTAINING ASPIRIN OR ASPIRIN-LIKE SUBSTANCES 5 DAYS BEFORE THE SURGERY. Please inform your doctor of any blood thinner, steroids or immune-suppressive medication you might be taking.

IF YOU SMOKE, STOP SMOKING ONE WEEK BEFORE SURGERY. DO NOT 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. Avoid scrubbing your 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 powder, deodorant or lotions.
- **REPEAT THIS SCRUB THE MORNING OF SURGERY.**

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

Certified in Foot Surgery by ABFAS
Certified in Rear-Foot and Ankle Reconstruction by ABFAS



The Morning of the Surgery:

- **DO NOT EAT OR DRINK ANYTHING!** Including coffee, tea or liquids of any kind. You may brush your teeth and use mouth wash. **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, two hours before the scheduled time of your surgery. If you are going to be late the day of your 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. Era or his 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.**
- **Keep your dressing clean dry and intact**
- **Elevate operated extremely**

If you have any questions or concern do not hesitate to call our office at: 786-464-0631

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.

Patients Signature

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