



FOOT CARE SPECIALISTS, P.C.

DR. MARK T. HASTINGS, D.P.M.

PODIATRIC PHYSICIAN & SURGEON

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PRE-OPERATIVE INSTRUCTIONS

Before Surgery:

1. Do not have any food or liquids by mouth after midnight before your surgery day.
2. Notify your surgeon (Dr. Hastings) if you develop a sore throat or fever the day before your surgery.
3. Do not smoke and limit alcohol intake prior to surgery.
4. If you were given a prescription by your doctor, please fill it on the way home or prior to the procedure so that you will have it available for use when you have returned home from the hospital.
5. It is important to arrive at the hospital at the time you were instructed (usually reporting to admitting 1 to 2 hours before surgery).
6. Arrange for transportation to and from the hospital, as you will be unable to drive yourself home.
7. If your surgery is scheduled at Providence St. Vincent's Medical Center, please contact the pre-admission clinic at (503) 216-1993. The pre-admission clinic can usually gather the appropriate information over the phone.