



# Triad Foot & Ankle Center

## Pre-Operative Instructions

Congratulations, you have decided to take an important step towards improving your quality of life! You can be rest assured that the doctors and staff at Triad Foot & Ankle Center will be with you every step of the way.

Here are some important things you should know:

1. Plan to be at the hospital at least an hour and a half (1.5), or at the surgery center (1) hour before your scheduled time, unless otherwise directed by the surgical center/hospital staff. You must have a responsible adult accompany you, remain during the surgery, and drive you home. Make sure you have directions to the surgical center/hospital to ensure you arrive on time.

**Greensboro Specialty Surgical Center**

3812 N. Elm Street  
Greensboro, NC 27455  
(336) 294-1833

**Moses Cone Main OR**

1121 N. Church Street  
Greensboro, NC 27410

**Moses Cone Day Surgery Center**

1127 N. Church Street  
Greensboro, NC 27401

**Wesley Long Main OR**

2400 W. Friendly Avenue  
Greensboro, NC 27403

**Wesley Long Surgery Center**

509 N. Elam Avenue  
Greensboro, NC 27403

**Randolph Hospital**

724 Thomas Street  
Asheboro, NC 27203

**Alamance Regional Medical Center**

1240 Huffman Mill Road  
Burlington, NC 27215

2. If you are having surgery at Cone or Randolph hospitals, you will need a copy of your medical history and physical form from your family physician within one month before the date of

surgery. We will give you a form for your primary physician to complete.

3. We will make every effort to accommodate the date you request for surgery. However, there are times when surgery dates or times need to be moved. We will contact you as soon as possible if a schedule change is required.
4. No aspirin/ibuprofen for one week before surgery. If you are on aspirin, any non-steroidal anti-inflammatory medications (Mobic, Aleve, Ibuprofen) should not be taken seven (7) days before surgery.
5. Medications – if you are taking daily heart and blood pressure medications, seizure, reflux, allergy, asthma, anxiety, pain, or diabetes medications, make sure you notify the surgery center/hospital before the day of surgery so they can tell you which medications you should take or avoid the day of surgery.
  - a. Additional Medications That Need To Be Stopped Before Surgery
    - i. GLP-1 antagonists taken weekly should be stopped for 7 days before surgery.
    - ii. GLP-1 antagonists taken daily should be stopped on the day of surgery.
      1. These include:
        - a. Dulaglutide (Trulicity)
        - b. Exenatide extended-release (Bydureon BCise)
        - c. Exenatide (Byetta)
        - d. Semaglutide (Ozempic; Wegovy)
        - e. Semaglutide (Rybelsus) is oral and should be held for 3 days.
        - f. Tirzepatide (Mounjaro)
        - g. Liraglutide (Victoza, Saxenda)
        - h. Lixisenatide (Adlyxin)
        - i. Metformin – should be held for 2 days before surgery.
    - b. SGLT2 inhibitors should be stopped for 3 days (no longer because of the risk of euglycemic diabetic ketoacidosis) and include:
      - a. Canagliflozin (Invokana)
      - b. Ertugliflozin (Steglatro)
      - c. Dapagliflozin (Farxiga)
      - d. Empagliflozin (Jardiance)
  6. **No food or drink after midnight the night before surgery unless directed otherwise by the surgical center/hospital staff.** If you are having a surgical procedure in our office, and not in the surgical center or hospital, this does not apply to you.
  7. No alcoholic beverages 24 hours before surgery. No smoking 24 hours prior or 24 hours after surgery.
  8. Wear loose pants or shorts. They should be loose enough to fit over bandages, boots, and casts.

- 9.** Do not wear slip-on shoes. Sneakers are preferred.
- 10.** If you were given a boot during your surgery consultation appointment, be sure to bring it with you to the surgery center/hospital on the day of your surgery. Also bring crutches, a knee scooter, or a walker if your physician prescribed it for you before your surgery date.
- 11.** If you have not been contacted by the surgery center/hospital by the day before your surgery, call the surgery center/hospital to confirm the date and time of your surgery.
- 12.** Leave time from work may vary depending on the type of surgery you have. Appropriate arrangements should be made before surgery with your employer.
- 13.** Prescriptions will be electronically submitted to your pharmacy the evening before your surgery or the day of your surgery. Take the medication as directed. Pain medications will not be refilled on weekends and must be approved by the doctor.
- 14.** Remove nail polish on the operative foot and avoid getting a pedicure two weeks before surgery.
- 15.** The night before surgery wash the foot and leg that is being operated on with water and the antibacterial soap that was provided at your consultation appointment. The antibacterial soap is encased in the brush. You will need to wet the brush to cleanse the area. Be sure to pay special attention to beneath the toenails and in between the toes. Wash for at least three (3) minutes. Rinse thoroughly with water and pat dry with a towel. Perform this wash unless told not to do so by your physician.

If you have any questions regarding the instructions, please do not hesitate to call our office at 336-375-6990.