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[EssexUnionPodiatry.com](http://EssexUnionPodiatry.com)

Date \_\_\_\_\_

This is a reminder for \_\_\_\_\_

The above named patient is scheduled for surgery at:

\_\_\_\_\_  
\_\_\_\_\_

Time: \_\_\_\_\_ Date: \_\_\_\_\_

**Please note the following instructions:**

Pre-admission testing (including medical clearance, if required) must be faxed to us 72 hours prior to surgery, or the surgery may be delayed.

Rahway Office: 732-388-2377 Springfield/Caldwell Office: 973-258-0415

Do not smoke, drink alcohol or use recreational drugs for 72 hours prior to surgery.

Do not shave surgical site and please remove all toe nail polish.

Follow your doctors instructions regarding aspirin and blood thinners.

Nothing to eat or drink after midnight prior to your surgery, unless otherwise instructed.

You may take high blood pressure medications with a sip of water the morning of the procedure, or as instructed by your physician.

Arrive at the facility 1 ½ hours prior to your surgeries scheduled time.

After surgery you will not be permitted to drive, so please make arrangements for transportation with a responsible adult.

Wishing you a speedy recovery!