



### Pre-Operative Instructions

1. Do not eat or drink anything after midnight on the morning of surgery.
2. Aspirin or anti-inflammatory medications (such as Advil, Motrin, or Aleve) may not be taken within 7 days of surgery. Please consult your primary care physician if you are taking any blood thinners.
3. Please have a pre-surgical physical exam performed by your primary physician prior to surgery. Ideally, have the pre-operative laboratory testing completed prior to visiting your primary doctor, especially if you routinely get your laboratory testing performed at an outside facility. In this case, make sure your primary doctor's office has received the results prior to your scheduled pre-surgical visit. Alternatively, some primary offices perform laboratory testing on the same day as your pre-surgical appointment.
4. Your surgery will be performed at:

Newton Memorial Hospital  
175 High Street  
Newton NJ 07871  
973-383-2121

St. Anthony's Hospital  
15 Maple Avenue  
Warwick, NY 10990  
845-986-2276

Orange Regional Medical Center  
707 E. Main Street  
Middletown, NY 10940  
845-333-1000

Hudson Valley Ambulatory Surgery  
75 Crystal Run Road  
Building B, Suite 225  
Middletown, NY 10941  
845-692-9900

West Morris Surgical Center  
66 Sunset Strip  
Succasunna, NJ 07876  
862-244-8100

5. Arrive 1.5 hours prior to your scheduled surgery time.
6. Bring an escort!! All patients undergoing anesthesia must have a responsible adult to escort them home after surgery.
7. Bring your insurance information.
8. For contact lens wearers, bring your contact lenses in their containers and bring saline solution.
9. Do not wear makeup, jewelry or nail polish.

Frankel Foot & Ankle Center  
Milford Office: (570) 409-0123  
Middletown Office: (845) 343-6050  
Sparta Office: (973) 729-2707  
Warwick Office: (845) 343-6050



**Post-Operative Instructions**  
**for Patients Undergoing Foot & Ankle Surgery**

1. Rest and keep your foot elevated for the first 48 hours to reduce swelling.
2. Place ice or cold pack on top of your foot or ankle for 20 minutes, then remove it for 15-20 minutes. Repeat for the first 48 hours after surgery.
3. Keep bandages clean and dry. Bathe or shower only with your foot in a plastic bag. (alternative: obtain a foot protector from our office).
4. Your foot will remain numb for several hours after surgery. For this reason, do not drive or operate any potentially hazardous machinery. Important decisions requiring judgment should be delayed for 24 hours.
5. Do not put weight on your foot unless instructed to do so by Dr. Frankel.
6. Please call the office if you experience any of the following:
  - If your pain medication is not alleviating your pain.
  - There is excessive bleeding through the bandage. (Minor bleeding is expected).
  - The dressing, splint or cast feels too tight.
  - If you develop a fever.
  - Anything else that “doesn’t feel right.”
7. Dr. Frankel would like to see you in the office within 7 days following your surgery.