



NORTHERN CALIFORNIA FOOT AND ANKLE CENTER SANTA ROSA

*"Committed to Excellence in Care of the Lower Extremity Since 1980"*

**WALTER F. D'COSTA, DPM, FAPWCA**  
**KEVIN R. GRIERSON, DPM**

Reconstructive Surgery of the Foot and Ankle  
Pediatric and Geriatric Foot Care  
Gait Related Disorders of Hip and Knee

Fellow of the American Professional Woundcare Assn.  
Diabetic Wound Care and Limb Salvage  
Sports Medicine

**Pre-Operative Instructions**

1. You must have a complete history and physical and pre-operative clearance performed by your primary care physician or an equivalent MD/DO within **14 days** of your scheduled surgery
2. Plan to be at the hospital/surgery center **at least 1 hour** prior to your scheduled time. You must arrange for an adult to accompany you and drive you home after the surgery. Make sure you know how to get to the hospital/surgery center and to get there on time
3. No food or drink after midnight the night before surgery
4. No alcoholic beverages or smoking 24 hours prior to surgery
5. Wear loose pants or shorts to be able to fit over a boot or cast
6. Bring a walker or crutches with you if you already have them, otherwise they will be provided for you
7. If you have not heard from the hospital/surgery center the day before your surgery, call to confirm the date and time of your surgery
8. Obtain and fill your post-operative prescriptions from your doctor before the surgery if possible
9. Make appropriate arrangements for time off work. This will vary depending on the procedure being performed
10. If you have any questions, please do not hesitate to call the office at **(707)-544-3337** to have them answered