

CENTEROCK PODIATRY ASSOCIATES, P.C.
DR. CHARLES J. WOLFF, F.A.C.F.A.S.
DR. TODD R. STEWART, F.A.C.F.A.S.
DR. JAIME LYN B. GARBER, A.A.C.F.A.S.
PODIATRIC MEDICINE AND SURGERY
2 CROSFIELD AVENUE
WEST NYACK, NY 10994
TELEPHONE 845 358-2844
FAX 845 358-0528

PRE – SURGICAL INSTRUCTIONS

- 1: **DO NOT:** eat or drink anything after midnight the night before your surgery unless you are instructed to do so. This includes water , chewing gum, mints etc.
- 2: **DO NOT:** take aspirin or products containing aspirin for two weeks prior to your surgery unless instructed otherwise by your surgeon.
- 3: **DO NOT:** apply cosmetics the day of surgery, especially eye make-up and finger nail and toe nail polish .
- 4: **DO NOT:** bring jewelry or other valuables with you.
- 5: **DO:** take a bath or shower the evening before surgery. You should also wash your hair.
- 6: **DO:** wear casual clothing: a button-down blouse or shirt (Men – no tee shirts)
- 7: **DO:** wear your dentures and hearing-aids as well as your glasses or contact lenses. Bring your contact lens case with you.
- 8: **A RESPONSIBLE ADULT MUST PICK YOU UP FROM THE FACILITY. YOU WILL NOT BE RELEASED WITHOUT AN ESCORT. WE ALSO RECOMMEND THAT SOMEONE STAY WITH YOU FOR THE FIRST 24 HOURS.**
- 9: Should you develop a respiratory infection (COLD) or other illness within one week prior to surgery, please notify your physician and our staff at **845-358-2844**
- 10: A minimum payment may be required of all patients and full payment of the facility fee is required in the absence of insurance. The basic facility charge includes fees for the use of the operating room, nursing care and all materials used. All professional fees include, but are not limited to – the fees of the surgeon, anesthesiologist and pathologist. Their fees for this service are separate and distinct from the facility and you will be billed directly by these professionals.
- 11: Additional instructions: