

# Fort Worth Orthopedics

6301 Harris Parkway, Ste # 200  
Fort Worth, Texas 76132  
Phone: (817) 433-3450 Fax: (817) 294-6429  
<http://fortworthorthopedics.com>  
Facebook: Fort Worth Orthopedic's

Name:

Surgery Date:

Surgery Extremity:

**Surgery Time:** Our Office will call you 1 day prior to your surgery between 9:00am-5:00pm with an arrival time for your surgery that next day.

## DR. BOTHWELL FOOT/ANKLE SURGERY INSTRUCTIONS

You are scheduled at **Texas Health Southwest Outpatient Surgery Center; Address: 6317 Harris Parkway 2<sup>nd</sup> floor, Fort Worth, TX,76132. (Park on 2<sup>nd</sup> floor in parking garage professional building 2)** You will need to call to **pre-register at 877-773-2368**, (Have insurance card handy). Then call **817-433-1845 to set up for pre-op**. Pre-op will at this time visit with you on the phone about your medical history, and any medications that you may be on. If they feel that you will need to come in before the surgery to do labs or chest x-ray, they will let you know. Take all actual containers of medications with you to your pre-op appointment.

**COUMADIN, WARFIN, PLAVIX ANY BLOOD THINNER NEED MEDICAL CLEARANCE LETTER STATING HOW LONG TO STOP BEFORE SURGERY AND WHEN YOU CAN START BACK AFTER SURGERY. IF YOU ARE SEEING A CARDIOLOGIST EVERY YEAR, YOU WILL ALSO NEED A CARDIOLOGIST CLEARANCE LETTER BEFORE WE SCHEDULE SURGERY.**

**WITHIN 7-10 DAYS PRIOR TO SURGERY YOU MUST DISCONTINUE ASPRIN, ANTI-INFLAMMATORIES (MOTRIN, IBUPROFEN, ADVIL, ALEVE, ARTHRITIS MEDICATIONS AND FISH OIL)**

**IN PLACE OF ASPRIN, ANY OF THESE TYLENOL PRODUCTS CAN BE TAKEN UP TILL THE NIGHT BEFORE SURGERY. TYLENOL, VICODIN, HYDROCODONE OR TRAMADOL.**

**No Herbal Supplements or diet pills. These must be discontinued within 14 days prior to surgery or ANESTHESIA WILL NOT ALLOW SURGERY.**

**1<sup>st</sup> POST-OPERATIVE APPT FOR SURGERY:**

Bonnie P.A./ Glen MSN,RN,FNP  
Gary P.A.

**(Main Office)**

Texas Health Harris Southwest  
6301 Harris Parkway, Ste # 200  
Fort Worth, Texas 76132

**Harris Place**

1651 W.Rosedale, Ste#100  
Fort Worth, Texas 76104

**Date:**

Texas Health Physician's Office  
721 Keller Parkway, Ste #107B  
Keller, Texas 76248

**Burleson Clinic**

2760 SW Wilshire Blvd Ste 101  
Burleson, Texas 76028

**Time:**

## **DAY BEFORE SURGERY**

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY (NOTHING BY MOUTH) this includes no food, water, gum, hard candy, tobacco, juice, coffee, crackers, ect.. For your safety, your stomach must be empty prior to anesthesia to prevent vomiting. The only exception is critical medicines, which may be taken with a sip of water; pre-op department at the hospital will advise you with this.**

## DAY OF SURGERY

Medicines to take with sip of water: Blood pressure (Anti-hypertensive) heart medicine, digoxin.

Remove earrings and body jewelry due to electrical current grounding.

DIABETES Medicine- Pre-op dept at hospital will advise you the day or two days before surgery, continue to take as prescribe until you talk with them.

Leave at home any valuables. Avoid wearing eye makeup, contact lenses, and expensive clothing.

Dentures, glasses and contacts must be removed prior to surgery and could be lost, if at all possible, please leave these items at home or arrange for someone to hold during surgery.

If having knee surgery, please wear sweat pants or shorts. ( you will leave the hospital with a knee brace, and you will need to wear something that will go over brace when you go home.

\*You will need someone to drive you home after your surgery. Need to be either a family member or adult friend. CANNOT take a cab home. For kids under 18 years of age, designated driver will need to be a parent or guardian.

LATE ARRIVAL MAY BE CAUSE FOR YOUR SURGERY TO BE CANCELLED AND RESCHEDULED FOR A LATER DATE. IF your arrival will be unavoidably delayed on the day of surgery, please contact the hospital promptly at 817-433-8387 or 817-433-8388, sometimes a scheduling rearrangement can be made to allow another surgery to proceed and yours moved to later hour.

IF YOU MUST CANCEL YOUR SURGERY, PLEASE NOTIFY OUR OFFICE OR ANSWERING SERVICE AS SOON AS POSSIBLE, and or leave a message for De De.

De De 817-433-3450 fax 817-294-6429

Your Insurance will be turned in to Dr Bothwell's insurance office and to the hospital's insurance office, any out of pocket if there is any, you will hear from Dr. Bothwell's office for his charges,(either with a letter or call). And the Hospital will call you on their charges. Dr. Bothwell's financial counselor 817-433-3450. Hospital financial counselor 877-773-2368

Dr. Bothwell's contact for any medical questions: Angelica (M.A) 817-433-3450

Best wishes for a successful surgery and recovery!!