



## Fort Walton Beach

1034 Mar Walt Drive  
Fort Walton Beach,  
FL 32547

## Destin

36474C Emerald  
Coast Parkway, Suite 3101  
Destin, FL 32541

## Niceville

554-D Twin  
Cities Boulevard  
Niceville, FL 32578

Theodore I. Macey, M.D. | Jason W. Thackeray, M.D., F.A.C.S. | Mark J. Tenholder, M.D. | James F. Watt, D.O. | Dale T. Landry, Jr., M.D.  
Donald D. Chipman, M.D. | Michael L. Shawbitz, M.D. | Thomas A. Fusco, D.P.M. | Mark E. Graeber, D.P.M. | T. Jacob Seales, M.D. | Kathryn Clower, D.C.  
Brandon Cook, M.D. | Eleanor A. McCain, M.D. | Scot T. Williams, P.A.-C. | Rick Sneller, P.A.-C. | Casey L. Tang, P.A.-C. | Julia A. Sandwith, P.A.-C.

P 850-863-2153 F 850-863-8085

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## SURGERY INFORMATION FOR DR. FUSCO PATIENTS

ANTICIPATED DATE OF SURGERY: \_\_\_\_\_

### FACILITY:

#### The Surgery Center at Sacred Heart Medical Park

36500 Emerald Coast Parkway  
Destin, FL 32541  
(850) 269-0301

#### FWB Medical Center

1000 Mar Walt Drive  
Fort Walton Bch, FL 32547  
(850) 862-1111

#### Surgical Specialists, ASC

1034 Mar Walton Drive  
Fort Walton Bch, FL 32547  
(850) 315-9385

#### Sacred Heart Hospital on the Emerald Coast

7800 Emerald Coast Pkwy  
Destin, FL 32550  
(850) 278-3000

If you are having an **outpatient** procedure, the surgery center **will call you 24-48** hours before to let you know what time to arrive for your surgery. **If you have not received a call from the surgery center within 24-48 hours of your scheduled surgery, please contact the facility indicated above between 8 a.m. and 4 p.m.**

If you are having surgery at Sacred Heart Hospital on the Emerald Coast, the hospital is responsible for informing you of the arrival time.

If you are having a procedure at Fort Walton Beach Medical Center, our office should inform you of the arrival time within **24-48** hours prior to surgery.

Please arrange to have someone with you during your surgery, drive you home, and stay with you for **24 hours** the day of surgery. **You must have a ride to and from the procedure by a responsible adult, friend or family member. You CANNOT take taxis/ public transportation after surgery. We will not accept the liability, and your surgery will be cancelled.**



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## BEFORE YOUR SURGERY

### DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY.

This includes chewing gum, mints, hard candy, and cigarettes.

If your surgery is taking place at Sacred Heart Hospital on the Emerald Coast, you may be asked to be fasting after 10pm the night before your surgery. Your preoperative nurse will inform you of this.

If you are on prescribed anti-coagulants (**Plavix, Coumadin, Aspirin, etc.**), we would prefer that you **continue taking these medications**. You may also continue taking any over-the-counter or prescribed anti-inflammatory medications.

Insulin and oral medications for diabetes should be taken as per your physician's specific instructions. Generally insulin, and other medications to lower your blood sugar, **should not** be taken the morning of the procedure

You will be instructed by a preadmission nurse on which medications are acceptable to take day of your surgery. Please keep in mind to take these medications with a sip of water.

**Please stop taking** any herbal medications, supplements, and/or vitamins 5 days prior to surgery. Weight loss medication (including but not limited to Adipex, Fastin, Oby-trim, Phentermine) should also be stopped two weeks prior to surgery.

If you have an illness prior to surgery (within the week of surgery) please notify our office, as your surgery may need to be rescheduled.

If your surgeon has indicated that you will have restrictions on bearing weight on your operative leg, or you will be in a leg splint after surgery, please have your assistive device available to you **before** your surgery date.

You may also need to purchase a waterproof cast cover to keep your bandage clean, dry, and intact during hygiene purposes. You may obtain these from any pharmacy.



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## DAY OF SURGERY

Please bring your insurance information, a list of all prescription medications, and a picture ID with you the day of surgery.

The operative extremity should be clean and free of jewelry upon arrival to the facility.  
Please leave jewelry and other valuables at home.

Remove all nail polish and/or artificial nails prior to having your procedure.

Do not wear makeup.

Bring your walker or crutches on the day of surgery.

Wear comfortable, loose fitting clothing.

As surgeons may use electrocautery during surgery, undergarments must be COTTON FABRIC to avoid electrical conductivity or burns during surgery. (All silk, polyester, nylon, or man-made fabric undergarments must be removed prior to surgery to avoid potential injury).

If you wear contacts, bring a case for storage and all supplies necessary for care.

You will be given a prescription for pain medication and an anti-nausea medication on the day of your surgery.

Please arrange to have someone with you during your surgery, drive you home, and stay with you for **24 hours** the day of surgery.