

**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

Panama City

1827 Harrison Avenue
Panama City, FL 32405

Crestview

5300 South Feron Boulevard
Crestview, FL 32536

P 850-863-2153 F 850-809-4312

www.orthoassociates.net

SURGERY INFORMATION FOR DR. FUSCO PATIENTS

ANTICIPATED DATE OF SURGERY: _____

The Surgery Center at Sacred Heart Medical Park

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

Sacred Heart Hospital on the Emerald Coast

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

Fort Walton Beach 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

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 facility within 24-48 hours of your scheduled surgery, please contact the facility indicated above between 8:00 a.m. and 4:00 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 following the surgery. You must have a ride to and from the procedure by a responsible adult, friend, or family member. **You CANNOT use taxis, a ridesharing service (Uber, Lyft, etc), or public transportation after surgery. We will not accept the liability, and your case will be cancelled.**

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 begin fasting after 10:00 p.m. 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 prefer you **continue taking these medications**. You may also continue taking any over the counter or prescribed anti-inflammatory medications.

Insulin and oral medication 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 on the 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 medications (including, but not limited to Adipex, Fastin, Oby-Trim, Phentermine,) should be stopped 2 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. (Leave all jewelry and other valuables at home.)

Please 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 manmade 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 following the surgery. You must have a ride to and from the procedure by a responsible adult, friend, or family member. **You CANNOT use taxis, a ridesharing service (Uber, Lyft, etc), or public transportation after surgery. We will not accept the liability, and your case will be cancelled.**