

**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 Fardon Boulevard
Crestview, FL 32536

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

www.orthoassociates.net

DR. WATT INSTRUCTION SHEET

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

1. All patients having surgery must **stop taking** any anti-inflammatory, vitamins, herbs, supplements, and medications that contain aspirin (**Advil, Aleve, Motrin, Ibuprofen, Fish Oil, Mobic, Multivitamins, etc.**) 5-7 days prior to surgery. This includes over the counter pain relievers/fever reducers. PLAIN TYLENOL PRODUCTS are okay.
2. If you are on prescribed anti-coagulants (**Plavix, Coumadin, Eliquis, Aspirin, etc.**), we prefer you to be off these medications for at least 7 days prior to surgery. However, you must get specific instructions regarding stopping these medications from the doctor who prescribed them for you BEFORE stopping them.
3. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY. THIS INCLUDES CHEWING GUM, MINTS, HARD CANDY, AND CIGARETTES!**
4. **HEART and BLOOD PRESSURE MEDICATIONS:** You will be instructed to take these prior to your surgery. If the blood pressure medication is an ACE inhibitor, please check with your primary care physician if you should stop this medication prior to surgery.
5. **DIABETICS:** Please get specific instructions from the doctor treating your diabetes about how to dose your medication on the day of surgery. You must consider that you will not be eating your regular meals after midnight prior to surgery.
6. **WEIGHT LOSS MEDICATION:** Weight loss medication should be stopped two weeks prior to surgery.
7. 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.)

8. **HAND and FOOT PROCEDURES ONLY:** Please make sure you remove any nail polish, jewelry (including wedding/toe rings) and artificial nails of the hand/foot prior to having the procedure.
9. **After Surgery**, if you run low on pain medications, you must allow 72 hours for a refill. **DO NOT** wait until you are out of medication to call us. **The prescription request line is (850) 315-9241.**
10. If you have respiratory issues/sleep apnea, and use C-Pap or BiPAP, bring the C-Pap or BiPAP with you on the day of surgery. If you are diagnosed with sleep apnea, but do not use CPAP or BiPAP, you may need to be admitted overnight to the hospital. Please address this with your surgeon before the day of surgery.
11. 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 bring your walker or crutches on the day of surgery. If you are unsure whether crutches/walker are required for your surgery, please ask at your pre-operative appointment, or call the office for instructions. For hip and knee replacement patients, bring your crutches or walker to the hospital. If you do not have any, arrangements will be made during your hospital admission.
12. If you are having an outpatient procedure, the facility 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 between 8:00 a.m. and 4:00 p.m. If you are having surgery at Sacred Heart Hospital, the hospital is responsible for informing you of the arrival time. If you are having a procedure at FWB Medical Center, our office should inform you of the arrival time within 24-48 hours prior to surgery. (The facilities phone numbers are on the top of the front page of the instruction sheet.)
13. If an outpatient procedure is scheduled, please arrange to have someone with you at the Surgery Center, 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.**
14. You may experience throat pain or hoarseness after surgery if your procedure requires general anesthesia and a breathing tube (intubation).

**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

15. You will be required to have an appointment with either your primary care physician or one of our Physicians or Physician's Assistants for surgical clearance. Required pre-op tests will be reviewed or ordered at that time.
16. For urgent issues after hours or on weekends, please call **(850) 863-2153** and the answering service will contact the physician on-call. **Do not leave a message.** Wait for the prompts, and you will be connected to the answering service.
17. 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.
18. Please bring your insurance information, a list of all prescription medications, and a picture ID with you the day of surgery.
19. If you cancel, or do not show up to one of the appointments coordinated for you before your surgery, it may result in your surgery being cancelled.

DATE OF SURGERY: _____

FACILITY: _____

ARRIVAL TIME: _____

() THE FACILITY WILL CALL YOU 24-48 HOURS PRIOR TO SURGERY WITH YOUR ARRIVAL TIME