



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

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DR. WATT SURGERY INSTRUCTION SHEET

The Surgery Center at Sacred Heart Medical Park

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

FWB Medical Center

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

Surgical Specialists ASC

1034 Mar Walt Dr, 3rd Floor
Fort Walton Beach, FL 32547
(850) 850-315-9385

Sacred Heart Hospital on the Emerald Coast

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

1. All patients having surgery must **stop taking** an anti-inflammatory, herbs, supplements, multivitamins and/or medications that contain aspirin (**Advil, Aleve, Motrin, Ibuprofen, Fish Oil, Mobic**) 5 days prior to surgery. This includes over the counter pain relievers/fever reducers. PLAIN TYLENOL PRODUCTS are ok.
2. If you are on prescribed anti-coagulants (**Plavix, Coumadin, Aspirin, Eliquis, etc.**), we prefer for you to discontinue these medications at least 7 days prior, however, you must get specific instructions in regards to stopping these medications from the doctor who prescribed them BEFORE stopping them.
3. **HEART and/or BLOOD PRESSURE MEDICATIONS:** You will be instructed to take these prior to your surgery. If the blood pressure medication is an ACE inhibitor, you may have instruction to contact your primary care physician about stopping this medication prior to surgery.
4. **DIABETICS:** Please get specific instructions from the doctor treating you about how to dose your medication the day of your surgery. You must take into account that you will not be eating your regular meals after midnight prior to surgery.
5. **WEIGHT LOSS MEDICATION:** Weight loss medication, such as Adipex & Phentermine, MUST be stopped 2 weeks prior to your surgery.
6. You may be required to see your primary care physician for a surgical clearance but will be discussed with you when the scheduler contacts you to schedule your surgery. Please DO NOT schedule any appointments until your surgery has been scheduled as some appointments/testing have to be within 30 days.
7. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY. THIS INCLUDES MINTS, CHEWING GUM, HARD CANDY, AND CIGARETTES!!!**
8. 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)

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9. Please bring a photo I.D., your insurance information/card, and a list of all prescription medications with you the day of the surgery.

10. 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.

11. **After Surgery:** If you run low on pain medications, you must allow 72 hours for a refill. DO NOT wait until you are out to call us. **The prescription request line is (850) 315-9241.**

12. If you are having an outpatient procedure, the pre-admission nurse from the facility will call you 24-48 hours prior to let you know what time to arrive and go over any further pre-op instructions. If you do not receive a call at least the day prior to your surgery, you may contact the appropriate facility between 8 a.m. – 4 p.m. If you are having surgery at Ft. Walton Beach Medical Center or Sacred Heart Hospital, the surgery scheduler will contact you 48 hours prior to let you know what time to arrive. You will also receive a phone from the pre-admission nurse at the hospital to go over more pre-op instructions. The facility phone numbers are on the first page of this packet.

13. If you have any illness within the week of your surgery, please notify our office as your surgery may need to be rescheduled.

12. If an outpatient procedure is scheduled, please arrange to have someone with you at the facility where the surgery is being performed, drive you home, and stay with you for **24hrs** after the surgery. You must have a ride to and from the procedure by a responsible adult, friend, or family member. Whomever is accompanying you to your surgery, will not be allowed to drop you off and leave, they must stay during the entire procedure. **You CANNOT take a taxi, Lyft, Uber, or public transportation after the surgery. We will not accept the liability, and your case will be cancelled.**

13. You may experience throat pain or hoarseness after surgery if your procedure requires general anesthesia and a breathing tube – intubation.

14. 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 connect to the answering service.**

15. **HAND AND FOOT PROCEDURES ONLY:** please make sure you remove any nail polish, jewelry (including wedding/toe rings) and artificial nails prior to having the procedure.

16. The operative extremity should be clean and free of jewelry upon arrival to the facility.

17. If you have respiratory issues/sleep apnea and use a CPAP or BiPAP, bring the CPAP or BiPAP with you on the day of your surgery. If you are diagnosed with sleep apnea but do not use a CPAP or BiPAP, you may need to be admitted over-night to the hospital...address with your surgeon before the day of your surgery.

18. If your surgeon has indicated that you will have restrictions on bearing weight on your operative leg,



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or you will be in a leg splint after surgery, please bring your walker or crutches on the day of your 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.

DATE OF SURGERY: _____

FACILITY: _____

ARRIVAL TIME: _____

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