

Outpatient Pre-Op Instructions
Jason S. Ahuero, M.D

1. Report to the location marked below:
 - Houston Methodist Hospital
 - St. Luke's Episcopal Hospital
 - Houston Hospital for Specialized Surgery
 - University General Hospital

General recommendations for pre-op at the hospital marked above:

- On day of pre-op, check in at main admissions
 - Bring insurance card and driver's license
 - Bring medication list, including dosages and times taken
 - Bring a list of all past surgeries and hospitalizations
 - Allow 1 ½ to 2 hours for pre-op visit
2. If you have been asked to obtain medical and/or cardiac clearance from one of your doctors, be sure this is completed at least 3-5 days prior to surgery.
 3. **Do not** take aspirin or anti-inflammatories such as Advil (ibuprofen) or Aleve (naproxen) in the 7 days prior to your surgery. If you take **Coumadin (warfarin), Plavix (clopidogrel), Pradaxa, Xarelto**, or any other blood thinner, you must follow the pre-op instructions of Dr. Ahuero or your prescribing physician with regards to discontinuation of these medications prior to and after surgery. You **may** take Tylenol for pain.
 4. The pre-op nurse will advise you of any medications you should or should not take the morning of surgery.
 5. You need to report any skin irritation, cuts/abrasions on foot/ankle, ingrown toenails, fever, cold, etc to Dr. Ahuero's office at 713-986-5840 prior to day of surgery.
 6. **Do not** have **ANYTHING** to eat or drink (including chewing gum) after midnight on day prior to your surgery, otherwise your surgery may be cancelled.
 7. You will be notified of your scheduled surgery time on the day prior to surgery. Arrive at hospital on the day of your surgery **at least 1 ½ hours prior** to your scheduled surgery time. This is to give the nurses time to get you ready for surgery. Also, if the surgery prior to yours is completed ahead of schedule, we may begin your surgery earlier.

8. On day of surgery, wear something comfortable and easy to get on and off. Shorts or loose fitting sweatpants work the best and can easily be put on over a cast or foot dressing.
9. Please **do not** wear makeup or toe/finger nail polish on the day of surgery. If you do, we will have to remove it. You will have to remove contact lenses (including extended wear), dentures, or bridges prior to surgery. Please bring your own containers for storage of these items.
10. Bathe with antibacterial soap the night before your surgery concentrating on removing dirt from soles of feet, between toes and under nails. This will help you reduce your risk of post-operative infection. If you have a history of **previous staph infection**, please let Dr. Ahuero or his assistant know!
11. Leave all jewelry and valuables at home. The hospital will not take responsibility for lost or missing items.
12. If you are having knee, foot or ankle surgery and you own your own crutches or have a knee walker you plan to use, please bring them with you on day of surgery. If you do not have crutches, the hospital will supply them for you.
13. If you have any questions prior to your surgery please call our office at 713-986-5840 and we will be happy to answer them for you.