

Pre-Operative Instructions

Jason Ahuero, MD

- 1) Houston Methodist Hospital's Anesthesia Preoperative Evaluation Clinic (APEC) looks forward to providing you with safe, effective preoperative care. Their mission is to make your treatment at Houston Methodist as comfortable and safe as possible. In some cases, existing medical conditions may impact anesthesia. Not addressing a pre-existing medical condition until just before a surgery will cause a delay in, and possibly a cancellation of, your surgery. For your safety and convenience, you will need to be evaluated by our Anesthesia Preoperative Evaluation Clinic (APEC) **three to five business days before your surgery.**
- 2) For your convenience, younger, healthier patients with few existing medical conditions may be able to be registered and screened over the phone. **Patients with more serious existing medical conditions must be seen in APEC in advance.** These patients may be asked to provide a letter of consultation from their internal medicine physician/cardiologist; this report can be faxed to APEC at 713-441-5308. **For patients with cardiac stents or implanted defibrillators, an evaluation by the patient's cardiologist is typically required before surgery can proceed.**
- 3) The Anesthesia Preoperative Evaluation Clinic (APEC) is located on the **22nd floor of the Houston Methodist Outpatient Center.** Please call **713-441-6504** to schedule an appointment with APEC **no later than five business days prior** to your scheduled surgery.
- 4) If you smoke or use other nicotine products, it is important to stop these at least **2 weeks** prior to surgery and do not plan to resume them until healing is complete. *Nicotine interferes with wound healing and greatly delays bone healing.* **Please let your doctor know if you need information on tobacco cessation.**
- 5) You will be notified what time to be at the hospital and approximately what time your surgery is scheduled. **Please note that actual surgery time may vary.**
- 6) **Do not eat or drink anything past midnight prior to your surgery.** This includes water and gum chewing. If we know your surgery will be late in the afternoon, we will specifically instruct you as to what and when you can eat. If we don't, then again, nothing to eat or drink after midnight. Please keep in mind it is impossible to give you an exact time for surgery to occur.
- 7) **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.

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- 8) The pre-op nurse will advise you of any medications you should or should not take the morning of surgery. These should be taken with a small sip of water.
- 9) You need to report any skin irritation, cuts/abrasions on foot/ankle, ingrown toenails, fever, cold, etc to Dr. Ahuero's office at 713-441-9000 prior to the day of surgery
- 10) Please do not wear makeup or toe/finger nail polish on the day of surgery. You will have to remove contact lenses (including extended wear), piercings, dentures, and bridges prior to surgery. Please bring your own containers for storage of these items.
- 11) 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!
- 12) Leave all jewelry and valuables at home. The hospital will not take responsibility for lost or missing items.
- 13) If you take any prescription medications, please either bring a list with dosage and directions or the medicine bottles with you to the hospital.
- 14) After your surgery, you will go to the recovery room. You will be monitored until you are recovered enough to either go home or to a room in the hospital.
- 15) Please make sure you understand the potential benefits and risks of the planned surgery. If you have any questions call the office and we will be happy to discuss them with you or set up a visit in the office to go over them. It is very important that you feel comfortable with your decision for surgery and that you understand what will be done. Your cooperation and participation will affect the outcome of your surgery.
- 16) Below is a general list of items you may want to bring with you on the day of surgery.
 - a. List of medications or the medication bottles.
 - b. Loose fitting clothes to wear home. Sweats work well as they will usually fit over a cast or splint.
 - c. Personal items (toiletry type items) to make you feel comfortable.
 - d. Crutches, knee scooter, post op shoe or boot if given.

Anesthesia Preoperative Evaluation Clinic

Houston Methodist Outpatient Center
6445 Main Street, 22nd Floor
Houston, TX 77030

Hours: Monday-Friday, 10 a.m. - 5 p.m.

Appointment Scheduling: 713.441.6504

General Information: 713.441.5035

Fax: 713.441.5308

Houston Methodist Orthopedics & Sports Medicine
713-441-9000

