



PLANO OFFICE

6105 Windcom Ct. #100
Plano, TX 75093
972-403-7733 phone
972-403-7744 fax

LUBBOCK OFFICE

4321 Marsha Sharp Fwy
Lubbock, TX 79410
972-403-7733 phone
972-403-7744 fax

Web: texasfootsurgery.com

E-mail: texasfootsurgery@verizon.net

Pre-Op Patient Information

Patient _____

Surgery Date _____ **Time** _____ **Location** _____

1. Make an appointment with your primary care physician as soon as possible. History & Physical exams must be within 30 days of surgery, labs within 7 days. We will be faxing the information needed to your doctor.
2. Call our office with the appointment date and time with your primary care physician.
3. Bring the letter we gave you to your primary care physician stating the details regarding your surgery.
4. If you are a smoker, refrain from smoking 1 week before and after surgery.
5. If you take blood thinners, stop taking them 5 days before surgery.
6. The nurses from the surgery center will call you **THE DAY BEFORE SURGERY** with details regarding arrival time, medications you can and can not take, and when to stop eating/drinking etc.
7. Do **NOT** eat or drink **ANYTHING**, including medication, 8 hours prior to your surgery. This includes gum and hard candy.
8. Take a shower both the night before and the morning of with an antibacterial soap like Dial or Safeguard.
9. Do **NOT** shave the operative area of your body 24 hours prior to your surgery.
10. Limit the use of beauty products for your hair, colognes/perfumes or make-up prior to the surgery.
11. Leave valuables at home.
12. Remove all body piercing jewelry and leave at home.
13. Glasses or contact lenses can not be worn during surgery.
14. Limit the number of people who accompany you to the surgery center.
15. Child patients may bring a favorite toy or blanket to keep them company.
16. Arrive 1.5 hours early to the surgery center/hospital unless told otherwise.
17. Arrange for transportation home from surgery.