



Pre-Operation Instructions

1. Shower the night before with regular soap
2. Do not shave any part that will be operated on. this increases risk of infection.
3. Avoid smoking 1-2 weeks before the procedure. it helps the recovery time, wound healing and the recovery from anesthesia
4. Avoid alcoholic beverages at least 48 hours before the surgery.
5. Do not bring any valuables to the center or hospital
6. If you are going home arrange for drop off and pick up
7. Get a good night rest the night before surgery
8. Make sure you have stopped all blood thinners at least 5-7 days before surgery. this includes aspirin, plavix, coumadin, fish oil, vitamin E (large doses), or any non steroidal anti-inflammatory agent
9. If you are having bowel surgery make sure that you have taken a bowel prep with antibiotics.
10. If you have any questions call 281-724-0328. If after hours 281-604-1300