



Pre-Operative Checklist

7-10 Days prior to surgery, please:

- **No Advil, anti-inflammatory or weight loss medications at least 7-10 days prior to surgery. Tylenol is okay to take as needed.**
- Discontinue smoking one month prior to procedure.
- Contact the appropriate hospital to schedule your appointment for pre-op lab work & COVID Testing

Altus Hospital
Pre-Registration
Phone: 713-773-0556

HCA-Medical Center
Day Surgery
Phone: 713-527-5598

First Surgical Hospital
Pre-Op
Phone: 713-275-1111

Memorial Hermann- Texas Medical Center
Surgery Scheduling
Phone: 713-704-3724

On the Day of Surgery Please:

- **DO NOT eat or drink anything after midnight before surgery, unless otherwise instructed by your physician. This includes water, chewing gum, suck on hard candy or mints.**
- Insurance information and I.D (example: driver's license) must be available at the time of registration
- Wear NO makeup or nail polish
- Wear NO jewelry
- Leave valuables at home, we are not responsible for loss of personal items, money, credit cards, wallets, jewelry, etc.
- Bring a case for contact lenses and/or glasses
- Feel free to wear your dentures
- Wear no metal hair accessories
- Wear loose fitting clothes appropriate for the type of surgery being performed.

Pre-Surgery Checklist *Prior to your procedure date*

- Please verify with your doctor which medications you should or should NOT take the morning of your surgery.
- If you are on BLOOD THINNERS, ask your surgeon when they should be stopped.
- Call your insurance provider as soon as your procedure is scheduled. Complete all necessary insurance pre-authorizations.
- Plan for someone to drive you to and from the hospital and stay with you while at the hospital. For your safety, you WILL NOT be able to drive yourself home, take a cab/Uber/Lyft or bus.
- Please make arrangements for children to stay at home while you are at the hospital.
- Do not drink alcohol 24 hours before your surgery.
- Smoking can affect your recovery from surgery. It can slow healing of bones, wounds and is not recommended immediately after surgery.
- If you become ill (cold, flu, fever, diarrhea) or have a problem prior to your procedure, call TLC Surgery at 713-493-7700.

For 24 Hours after surgery, it is suggested that you:

- Do not make critical decisions
- Do not drink alcoholic beverages
- Do not drive a motor vehicle
- Do not operate machinery or potentially dangerous machinery
- **Have an adult stay with you. This is strongly advised.**