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**PRE-OPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY**

3 weeks before surgery	To increase your body's healing ability, take a multi-vitamin with daily recommended allowance of Zinc and Calcium. Eat a healthy combination of foods at 2-1 carbohydrate to protein ratio with mainly from these food groups - meat, vegetable, fruit and nuts.
1 week before surgery	<p><b>Stop taking:</b></p> <ul style="list-style-type: none"> <li>▪ Discuss 4 day interruption of prescription aspirin or other blood thinners (i.e. Coumadin) with Primary Care Physician</li> <li>▪ Ibuprofen /Naprosyn,</li> <li>▪ Anti-inflammatories (Ibuprofen, Naprosyn, etc.)</li> <li>▪ Appetite Suppressants</li> <li>▪ Diet pills</li> </ul>
2 days before surgery	<p>Carefully wash your feet with soap and water each day. Pay special attention to the area(s) where the surgery will be performed.</p> <p>You may use any commercial antiseptic soap.</p>
12 hours before surgery	<p>If you are having surgery at a Hospital or a Surgery Center, <b>YOU MAY NOT HAVE ANY FOOD OR DRINK, i.e. no water, no coffee, no tea, no snacks, FOR 12 HOURS PRIOR TO THE TIME OF SURGERY.</b></p>

\_\_\_\_(initials) You will be charged a fee of **\$150.00** if you cancel or change the date of this surgery one week prior to procedure.

\_\_\_\_(initials) You will be charged a fee of **\$200.00** if you no show to your surgical appointment. You are responsible for calling and notifying the facility of any changes.

**I have reviewed and received a copy of my pre-operative instructions and I understand that I will incur a fee if I reschedule or do not call and/or do not show up for surgery.**

\_\_\_\_\_  
 Patient/Guardian Signature

\_\_\_\_\_  
 Date