



ALFORD ENT AND  
FACIAL PLASTIC SURGERY  
6560 Fannin Street, Suite 704  
Houston, TX 77030

### **Pre-Operative Instructions**

Your surgery is scheduled at Houston Methodist Hospital, Outpatient Center check in on the 2<sup>nd</sup> floor and proceed to the 18<sup>th</sup> floor for surgical prep. Please arrive **2 hours** before your scheduled surgery start time and please arrange to have someone drive you to and from your surgery.

#### **Houston Methodist Hospital Outpatient Center**

6445 Main Street  
Houston, Texas 77030

Please call **713-441-5035** to schedule a pre-operative interview with the hospital. This pre-operative clearance should be completed at least 7 days before your surgery. Additional information regarding the pre-operative clinic may be found by visiting: <http://houstonmethodist.org/apec>

Your surgery will last approximately \_\_\_\_ hours. After surgery you will go to the Post Anesthesia Care Unit (PACU) for approximately 2 hours where highly skilled nurses will care for you during the first stage of your recovery. You will then be transported to the Outpatient Day Surgery Center for approximately 2-4 hours and you will be released when the nurses and physicians decide you are stable and ready to be discharged home.

\*If your surgery will require an overnight stay after the initial PACU recovery you will be taken to your hospital room. Dr. Alford will examine you the next day and remove any drains before you are discharged home.

**Do not eat or drink anything after midnight the night before surgery.** This is for your safety while under anesthesia.

It is very important for the **2 weeks prior** to your surgery and the 2 weeks after surgery you **avoid all Aspirin and anti-inflammatory products** (ex: Advil™, Motrin™, Aleve™, Excedrin™ etc.) as this will affect your bleeding. The only medications acceptable for the management of headaches and pain during this time period in addition to prescriptions from Dr. Alford are: Tylenol™ and Tylenol Extra Strength™.

You are welcome to brush your teeth the morning of surgery and take **ONLY** the medications pre-approved by Dr. Alford with a small sip of water the morning of surgery. You may shower the morning of surgery but please do not apply any makeup or grooming products to your hair or skin. Dress in loose fitting, comfortable clothing and leave all of your valuables and jewelry at home. Be prepared to remove any contact lenses/hearing aids.

Please bring the medications (including vitamins and supplements) you customarily take to the hospital with you so that the nursing staff can notify the anesthesiologist.

If you have any additional questions please do not hesitate to call our office at **713-532-3223**.