Travis W. Hanson, MD
Orthopedic Foot & Ankle Surgery | Houston Methodist West

Preoperative Instructions

GENERAL GUIDELINES

Please read these instructions carefully before your procedure. Contact our office at 832-522-8280 if you have any questions.

NIGHT BEFORE SURGERY

- Do not eat or drink anything after midnight, including water, gum, or mints.
- Shower with regular soap and wash the surgical area thoroughly.
- Do not apply lotion, powder, or nail polish to the foot or ankle.
- Lay out comfortable, loose-fitting clothing for the following day.
- Arrange for a responsible adult to drive you home and stay with you for the first 24 hours.

MORNING OF SURGERY

- Continue to take nothing by mouth unless instructed otherwise by your anesthesiologist.
- Take your regular medications with a small sip of water only if your surgeon has approved this.
- Wear loose, comfortable clothing. Shorts or sweatpants that can be rolled up above the knee are ideal.
- Do not wear jewelry or nail polish.
- Arrive at the surgical facility at your scheduled check-in time.

MEDICATIONS TO AVOID

Unless your surgeon specifically instructs you to continue, stop the following medications at least 7-10 days before surgery:

- Aspirin and aspirin-containing products
- Ibuprofen (Advil, Motrin), Naproxen (Aleve), and other NSAIDs
- Blood thinners (Coumadin, Xarelto, Eliquis, Plavix) — discuss with Dr. Hanson
- Vitamin E supplements and fish oil
- Herbal supplements (garlic, ginkgo, ginseng, St. John's Wort)

WHAT TO BRING

- A valid photo ID and insurance card.
- A list of all current medications and dosages.
- Any imaging (X-rays, MRI) if not already on file with our office.
- Your driver and someone to stay with you for the first 24 hours after surgery.

WHEN TO CALL OUR OFFICE

Call 832-522-8280 before your scheduled procedure if you experience:

- Fever over 101 degrees F in the days before surgery
- Cold, flu, or active infection
- Changes to your current medications
- Any new medical problems or hospitalizations

This document is for informational purposes only and does not replace the specific instructions provided by Dr. Hanson or your surgical facility. Always follow the individualized instructions given to you at your preoperative appointment.