

# Surgical Associates of Austin, P.A.

Robert M. Markus, Jr., M.D., F.A.C.S.  
William D. Mayer, M.D., F.A.C.S.  
Rodney B. Ashworth, M.D., F.A.C.S.  
Peter V. Ching, M.D., F.A.C.S.  
Alejandro Esquivel, M.D.  
Carly A. Allred, M.D.

Your surgery has been scheduled for \_\_\_\_\_, at \_\_\_\_\_, and should start at \_\_\_\_\_. Please check in at the hospital admissions office by \_\_\_\_\_.

## PRE-OPERATIVE INSTRUCTIONS

To Schedule Surgery with Dr. Markus, Dr. Ching, Dr. Esquivel call Christina @ 512-447-4993 ext. 205

To Schedule Surgery for Dr. Ashworth, Dr. Mayer, Dr. Allred call Elizabeth @ 512-472-1381 ext. 114

{ } **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.** If you take regularly schedule medications you may take them with a sip of water unless instructed otherwise.

{ } **DISCONTINUE ASPIRIN** (or products containing aspirin) 7 days prior to your surgery.

{ } **WEIGHT LOSS MEDICATION** and any **HERBAL MEDICATIONS** should be discontinued 2 weeks prior to surgery.

{ } **WE PREFER THAT** anticoagulants be discontinued 5 days prior to surgery. If you are on any anticoagulant, you are responsible for contacting your prescribing physician to inform them of your surgery date and ask him/her TO NOTIFY US IF THE ANTICOAGULANT CAN BE DISCONTINUED 5 DAYS PRIOR TO YOUR SURGERY.

{ } **IF YOU SMOKE**, we suggest you stop at least 4 weeks prior to surgery

{ } **A HIBICLENS SHOWER** (an over the counter disinfectant solution-antibacterial soap) should be taken the night before surgery as well as the morning of surgery to help reduce the chance of skin infection.

{ } **SPECIAL PREPS** may be required prior to COLON operations so please call us immediately if you leave our office without these instructions.

{ } **IF YOU DEVELOP** a fever, rash, cold symptoms or any other medical problems within 24-48 hours prior to your surgery please call to see if we need to cancel or reschedule your surgery.

{ } **CARE INSTRUCTIONS** will be given to you before you leave the hospital.

{ } **MAKE ARRANGEMENTS** for someone YOU KNOW to drive you home after your operation.

{ } **CLOTHING & SHOES SHOULD BE COMFORTABLE AND SIMPLE** as you will be required to change into a hospital gown and slippers.

{ } **JEWELRY SHOULD NOT BE WORN** as you will be required to remove them, and possibly have them misplaced.

{ } **CALL OUR OFFICE** within 48 hours after you get home from surgery to make your follow-up appointment.

**\*\*\*Please be aware that some surgeries may require an assisting surgeon\*\*\***

North Office  
6500 N. Mopac Blvd.  
Building 2, Suite 2205  
Austin, TX 78731  
512/836-3210  
512/472-1381  
Fax 512/472-9688

South Office  
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