

## Pre-Operative Instructions

**DO NOT** eat or drink for eight (8) hours prior to surgery.

(This includes water, juices, coffee, vitamins, gum and hard candy.)

If you are diabetic, please check with your primary care physician regarding your insulin dosage.

**DO NOT** take any aspirin or blood thinning medications for fourteen (14) days prior to surgery, including Aspirin, Ibuprofen, Advil, Motrin, Naproxen, Aleve or any anti-inflammatory medications. Tylenol is OK.

**PLEASE NOTIFY US IF YOU ARE TAKING COUMADIN OR PLAVIX.** Special instructions need to be given if you are taking either of these medications.

For sinus surgery you **MUST** bring your CT films. Surgery will be cancelled if films are not available.

**STOP** taking any herbal and/or diet medications two (2) weeks prior to surgery. This includes, but is not limited to, Ginkgo Biloba, St. John's Wort and others.

Please arrange transportation to and from the hospital. You **WILL NOT** be permitted to drive yourself home under any circumstances. Make sure you have a responsible adult with you for 24 hours after surgery.

Leave **ALL** jewelry and valuables at home. Choose either casual, loose fitting clothing or a robe and slippers to come and go. You will be given a surgical gown and cap to wear during surgery.

Bathe or shower the night before or the morning of surgery. **DO NOT** wear lotion, powder deodorant or perfume. Keep makeup to a minimum.

**DO NOT** smoke after midnight the night before your surgical procedure.

Call our office if you should develop a cold, fever or respiratory infection prior to your scheduled procedure.

**YOU MUST** be seen in the office following surgery for a post-operative exam. Call the office to arrange your appointment.

If you have not received a call from your surgical coordinator by 12:00 p.m. the day prior to your surgery, it is **IMPORTANT** that you call and confirm your surgical time. Due to unforeseen circumstances, surgery times are subject to change.

**FAILURE TO FOLLOW INSTRUCTIONS COULD RESULT IN POSTPONING YOUR SURGERY.  
THANK YOU FOR YOUR COOPERATION.**