

PRE-OPERATIVE INSTRUCTIONS

Your procedure is scheduled for:

Date _____

Time _____

Please arrive at _____

Your surgeon will be:

DR Hauck

DR Bianchi

DR Asher

DR Driscoll

Your procedure will be at:

Holy Cross

Musgrove ENT ASC (Suite 201)

Washington Adventist

Surgery Center of MD

WHAT YOU NEED TO DO IN THE NEXT FEW WEEKS

Have a history and physical completed with your primary doctor within 7 14 21 30 days prior to your scheduled surgery date. Please use the enclosed form.

Dr. _____ will do AM of surgery.

Complete the following diagnostic tests within 7 14 21 30 days prior to surgery date. None needed.

CBC

H/H

PT/PTT

Bleeding time

HCG

EKG

CXR

other

* You may have these done at your primary care physician's office, a lab approved by your insurance or at the hospital.

* The test results must be faxed to the facility where you are having your surgery AT LEAST 24 hours before surgery.

FAX# _____

DO NOT TAKE ANY MEDICATIONS CONTAINING ASPIRIN OR IBUPROFEN (ADVIL, MOTRIN OR SIMILAR PRODUCTS) WITHOUT YOUR SURGEON'S PERMISSION FOR TWO WEEKS BEFORE YOUR SURGERY.

If you are taking aspirin for a heart condition please discuss this with your doctor.

DO NOT TAKE VITAMIN E SUPPLEMENTS FOR TWO (2) WEEKS PRIOR TO SURGERY.

DO NOT TAKE ANY HERBAL SUPPLEMENTS FOR TWO (2) WEEKS PRIOR TO SURGERY.

WHAT YOU NEED TO DO FOR THE DAY OF YOUR SURGERY

DO NOT EAT OR DRINK ANYTHING (INCLUDING WATER) AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY.

Do not drink alcohol for 24 hours prior to surgery.

Your usual medications will be reviewed by a nurse during your pre op phone call. Diuretics and diabetes medication may need to be adjusted for surgery. Discuss these with your doctor and surgical facility nurse.

If you use inhalers for asthma, emphysema, or bronchitis, BRING THEM WITH YOU.

Wear glasses rather than contact lenses.

Wear comfortable, loose fitting clothing.

Do not wear make-up, nail polish, or jewelry.

Do not bring any valuables with you.

You MUST have a responsible adult to take you home and help out the day of surgery.

You will spend the night in the hospital after your surgery.