



Metroplex

ENT & Allergy

Pre-Operative Guidelines

Eating/drinking:

Patients cannot eat or drink anything after midnight prior to surgery. If this rule is not kept then the surgery will be rescheduled because of the risks associated with undergoing anesthesia when the stomach is not empty.

Medications:

Patients should take all of their regularly scheduled medications on the days leading up to surgery and on the day of surgery unless told otherwise. It is particularly important to take blood pressure medications, heart medications, asthma maintenance medications, and reflux medications as normally scheduled, including on the day of surgery.

Diabetes medications should be continued, but patients need to obtain specific instructions from their primary care physician or endocrinologist as to whether doses need to be adjusted because the patient will not be eating.

“Blood thinners”:

Patients who have been prescribed aspirin, plavix, aggrenox, pradaxa, or coumadin (warfarin) need to obtain specific instructions from their primary care physician or cardiologist about whether these drugs can be stopped before surgery. Usually, these drugs must be stopped 5 days before surgery and restarted 5 days after surgery. However, certain medical conditions may make stopping these drugs unsafe, so clarification is needed from their primary care physician or cardiologist.

Patients should otherwise avoid aspirin, motrin, ibuprofen, advil, aleve, naproxen, or other non-steroidal anti-inflammatory drugs. These should be stopped 7 days before surgery. It may be okay to resume these after surgery, depending on the type of surgery and the surgeon's preferences. Consult with your surgeon to clarify this.

Preop Labs:

Patients need routine labs CBC, BMP, PT, PTT(INR). These should be done within 30 days prior to the procedure. Pediatric patients generally do not need labs unless told otherwise by your doctor.

Preop Medical Clearance:

Patients with diabetes, high blood pressure, lung disease such as asthma or COPD, heart disease, kidney/liver disease, or age >60 need preop clearance visit with primary care physician prior to surgery.

Patients with known heart disease who are followed by a cardiologist need clearance from their cardiologist prior to surgery. This should include instructions about whether and when aspirin, plavix, aggrenox, or coumadin should be stopped prior to surgery.

