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PRE-OP INFORMATION

The information below may answer some of your questions regarding your upcoming surgery. However, if there is anything that you are still unclear about, please don't hesitate to call. We want you to feel comfortable and informed about your upcoming procedure.

1. Your surgeon's assistant will notify you of the date, time, and location of your surgery.
 2. **Please do not eat or drink anything after midnight on the evening prior to your surgery. Even a small drink of water can cause your surgery to be cancelled.** Please avoid all food and water unless instructed by your surgeon or primary care physician.
 3. Patients are not allowed to drive themselves home after anesthesia, as it could be unsafe. Make sure you have transportation home even if your surgery is a day surgery. We generally recommend that someone spend the night after surgery with you.
 4. You will be provided with instructions prior to the surgery. If you require a note excusing you from work or school, please ask the surgery coordinator to provide you with one before the date of your scheduled surgery.
 5. You will be advised if a Pre-op visit with your surgeon is required.
 6. If you haven't already been given the post op appointment, please call our office at 301-860-0985 to schedule one.
 7. We will contact your insurance company to "pre-certify" your surgery. You may want to call your insurance also to verify that the surgery is approved, and that your benefits are valid.
 8. Call your Primary Care Physician (PCP) as soon as possible to schedule a "History and Physical" (H&P) visit. Most PCPs prefer 7-10 days advance notice to complete the H&P. A letter will be sent to your PCP identifying the date/time/location of your surgery and any blood work required.
 9. Stop taking all Aspirin products including Motrin, Aleve and Advil, Ibuprofen, Naprosyn. You must be off of these medications at least **10 days** prior to your surgery. Read the the labels of your over the counter medications to make sure that no aspirin or ibuprofen is present! These
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medications cause excessive bleeding, and can put you at risk during surgery. They should be discontinued for 10 days prior to any surgery and should not be restarted for 7 days post-operatively.

10. *If you are having nasal/sinus surgery*, you must not use any over-the-counter nasal spray for 10 days prior to your operation. You may continue to use your prescription nasal sprays.
 11. Please let us know if you take any herbal supplements as these can affect bleeding after surgery.
 12. If you take any medicines on a daily basis (such as blood pressure or diabetes medications), please discuss with your primary care doctor and your surgeon about whether you should take them on the day of surgery. Please bring them with you on the day of surgery. The anesthesiologist may want you to take them prior to the operation.
 13. If you develop a fever or cold-like symptoms the day before your scheduled surgery, please take your temperature and call our office. If you are coming down with an illness, it may not be safe for you to have anesthesia and we may need to delay your surgery.
 14. **FOR SINUS SURGERY PATIENTS:** You **MUST** provide the office with your sinus CT scan films before your surgery date. If you have already given them to your surgeon, they will bring them. **Without the films, it might be unsafe for us to perform your surgery, and it could be cancelled.**
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