

## INFORMATION FOR YOU FROM YOUR HEALTHCARE TEAM

North Florida Sinus Center, Inc.

Otolaryngology Head and Neck Surgery (Ear, Nose & Throat)

### \*\*\*\*\*IMPORTANT INSTRUCTIONS PRIOR TO YOUR SURGERY\*\*\*\*\*

**\*\*ABSOLUTELY NO SMOKING STARTING 2 WEEKS BEFORE SURGERY – TO 4 WEEKS AFTER SURGERY\*\***  
**SMOKING CAN SEVERELY COMPROMISE HEALING & PAIN AFTER SURGERY**

#### Starting one week before surgery:

- No vitamin E (except multi-vitamin), no Fish oil
- No alcohol or tobacco containing products
- No *aspirin, ibuprofen, Motrin, Bayer, Excedrin, Goody's Headache powder, Naproxen, Aleve*. Also avoid over-the-counter herbal, flu and cold medications.
- Tylenol (acetaminophen) may be taken for headache, pain and/or fever before surgery.
- No blood thinners. i.e., *Plavix (clopidogrel), Coumadin (warfarin), Eliquis (apixaban), Xarelto (rivaroxaban), Lovenox (enoxaparin), Persantine (dipyridamole)*, etc.

#### The Night before surgery:

- **Do not eat or drink anything after midnight on the night before, including water.**
- Wash face & neck and shampoo hair
- Males: If your surgery is on your face or neck, be sure to be clean shaven on your surgery day
- Remove all nail polish

#### The morning of surgery:

- May take medication previously verified by your surgeon, primary care, or your anesthesiologist (no diabetes medications; you may take your blood pressure medication(s) with a sip of water)
- Avoid using any nasal spray medications, both over-the-counter & prescription.
- Wash face using soap and water
- Remove hairpins, adornments and all metallic objects from hair, and all earrings, tongue rings, or any valuable and leave at home
- Remove all contact lenses, prosthetic devices and/or dentures (leave them with a family member or friend)
- If surgery is scheduled as an Outpatient (you are to go home the same day) make arrangements for someone to pick you up and remain with you for at least 24 hours after surgery.
- **You must be accompanied by a friend or family member when you arrive to the hospital for surgery.**
- Medications given during or after surgery may alter your judgment. Therefore, avoid performing complex tasks, operating a motor vehicle or machinery for at least 24 hours after surgery or until you have medical clearance from your surgeon

**\*\* Please contact us if you are having any problems or have any questions prior to your surgery: 904-595-7475**

**\*\*\* If you are unable to make it to your surgery please notify us immediately\*\*\***