



Information About Your In Office Sinus Surgery

Pre-Procedure Instructions

1. Make sure you have taken all of your pre-procedure medications as directed.
2. Please stop all medications that can thin your blood especially those containing aspirin, ibuprofen, vitamin E, and fish oil at least 10 days before the surgery. If you are taking prescription blood thinners make sure you have discussed when to stop these with Dr. Atkins.
3. A worsening of your symptoms such as fever, increased congestion or discolored nasal drainage may make doing the procedure in the office more difficult. If any of these symptoms occur please let our office know.

The Day of the Procedure:

1. Arrive on time as we usually have numerous patients scheduled for surgery that day.
2. Do not eat, drink or smoke after 6am. Remember to take all your medications in the morning, especially for high blood pressure or diabetes with a very small sip of water.
3. **Squirt 2 sprays of Afrin in your nose 30 minutes before your planned arrival time (not your appointment time).**
4. Wear loose fitting clothing, with preferably a short sleeve top.
5. Be sure and have a ride home. You will be given IV medications, therefore you will not be allowed drive yourself home.

Upon arrival but before the procedure:

We will make sure you are feeling well and that you took all the medications you were supposed to and didn't take the ones you weren't supposed to.

We will have you review and sign a consent form for the procedure and the sedation you will receive.

You will visit with the anesthesiologist who will be giving you IV sedation during the procedure. Dr. Atkins has done many of these under local anesthesia alone, but he thinks most patients do better with IV sedation.

Just before the procedure:

You will have an IV started.

Dr. Atkins will put some cotton balls with local anesthetic in you nose. This is done before the IV sedation is given because it is not painful.

During the procedure:

After a the cotton balls have been in your nose for a few minutes they will be removed and you will get IV sedation. This works almost instantly and you will be very drowsy. At this point Dr. Atkins will give you injections inside your nose or under your lip depending on the type of procedure you are having done.

After this Dr. Atkins will do the procedure and the anesthesiologist will be monitoring you and giving you more IV sedation as needed. Most procedures last about 15-20 minutes. There is usually not any pain associated with the procedure. Occasionally a patient will develop a small nosebleed during or after the procedure, but this is very rare.

After the procedure:

The sedation is allowed to wear off. We will observe you until you are feeling alert and are ready to go home. We will review your post treatment instructions with you before you leave.

3/2011LR

