



Patient Pre-Op Information Sheet

1. Stop taking and avoid all medications that increase bleeding 14 days prior to surgery.

Analgesic (Pain) Tablets - Aspirin, Alka-Seltzer, Anacin, Arthritis Pain Formula, Arthritis Strength Bufferin, ASA Compound, Ascriptin, Ascriptin A/D, Aspergam, Athropan Liquid, Buffaprin, Bufferin, Ecotrin, Emperin Compound, Excedrin, Fiorinal, Fiorinal Compound, Goody's Headache Powder, Measurin, Motrin, Phenaphen,
Cold/Cough Preparations- Alka-Seltzer Plus, Bayer Children's Cold Tablets, Bayer Decongestant, Congespirin, Contact, Coricidin, Dristan, Sine-Aid, Sine-Off, St. Joseph Cold Tablets for Children, Super Anahist, Triaminicin,
Sedatives (Sleep) Tablets - Cope, Dolcin, Dolor, Duragesic, Emagrin, Excedrin PM, Fizrin Powder
Holistic & Homeopathic Medications - The safety and side effects of these medications is frequently unknown or unclear; therefore, they should be discontinued prior to surgery.
Vitamins – Those that contain Vitamin E, Fish Oil.

DO NOT RESUME THESE MEDICATION UNTIL 3 WEEKS AFTER SURGERY OR INSTRUCTED BY OUR OFFICE.

2. DO NOT EAT or DRINK anything or SMOKE after midnight the night before surgery.

No gum, ice chips, hard candy, nothing by mouth. If you take medication for high blood pressure or diabetes you take those medications with a very *small* sip of water. If you are taking asthma inhalers or other chronic medications, please bring them with you.

3. Make sure you have taken all of your pre-surgery medication(s)

(1) Antibiotic to be started 10 days prior to your surgery.

AUGMENTIN | BACTRIM DS | BIAXIN | CIPRO | LEVAQUIN | OMNICEF | Z-PACK

(2) Oral Steroid to be started 7 days before surgery. Take as directed.

MEDROL | MILLIPRED | DEXPAC | PREDNISONE

4. Make sure you have purchased your after surgery medication(s) and saline spray

(1) Antibiotic to be started the day after surgery.

AUGMENTIN | BACTRIM DS | BIAXIN | CIPRO | LEVAQUIN | OMNICEF | Z-PACK

(2) Pain Medication - Lortab 7.5 mg take one tablet every 4-6 hours as needed for pain.

(3) Anti-Nausea Medication take as directed PHENERGAN | ZOFRAN

(4) Simply Saline you will need 3-4 cans, use every 2-3 hours while awake

5. Surgery Center / Hospital

- (1) Plan to arrive at the surgery center 1 ½ hours before surgery.
- (2) Confirm with our staff which surgery center or hospital you are going to.
- (3) Make sure you have directions.
- (4) Please allow for morning traffic.

6. After surgery Diet

You should remain on a bland diet starting with clear liquids and juices, tea, and soup for the first few hours after surgery, if everything is normal and you are not feeling any nausea or vomiting you may resume your regular diet.

7. Common Surgery Complications

(1) Congestion

It is normal to feel congested or stuffy for several weeks following surgery. This is likely due to post-operative swelling in your nose. Please do not blow your nose or use nasal sprays other than your saline.

(2) Constipation

This is a common side effect usually caused by pain medication. You can help avoid this complication by adding natural fiber to your, making sure you drink plenty of water and fruit juice, and walk as much as you can. Please avoid straining.

For severe constipation you may use the following:

Docusate 100 mg by mouth twice a day (or a similar stool softener such as **Colace**) and **Senna** 1 tab by mouth once or twice a day (or a similar stimulant laxative such as **Senokot**)
IF still no BM in 24 hours: please call your primary care physician.

(3) Nausea and vomiting

Please take your prescription medication as directed for nausea and vomiting.

For nausea it is helpful to - Drink clear liquids. Eat light, bland foods (such as saltine crackers or plain bread). Avoid fried, greasy, or sweet foods and avoid activity after eating.

For vomiting includes: drinking clear liquids; and avoiding solid food until the vomiting episode has passed.

8. When to Call After Surgery

- (1) Fever after the day of surgery higher than 101°F
- (2) Constant clear watery discharge after the first week of surgery
- (3) Sudden visual changes or eye swelling
- (4) Severe headache or neck stiffness
- (5) Severe diarrhea
- (6) Steady, brisk nose bleeding that doesn't get better after using Afrin

9. Please make sure you have an appointment to return to our office for your follow up.

IF YOU READ THIS HANDOUT AND STILL HAVE QUESTIONS PLEASE CALL OUR OFFICE AT 830-816-3838.

