

EAR ,NOSE & THROAT –INSTRUCTIONS BEFORE SURGERY

WEEK BEFORE SURGERY

You will need to pre-register for your surgery with your doctor. Please bring the paperwork with you to the facility when you register. Any pre-op labs will be done at this time. You do not have to fast before your blood work. Do NOT Take Aspirin, Vitamin E or blood thinners for one week before surgery. These medications cause the blood to thin and this could cause bleeding complications during surgery. Bring all of your home medications with you when you preregister.

DAY BEFORE SURGERY

Please note that the hospital makes the surgery schedule and the order of cases. You will be notified regarding the time of arrival when the day of surgery approaches. The hospital will let you know what time they want you to arrive prior to surgery.

EVENING BEFORE SURGERY

DO NOT EAT OR DRINK anything after midnight (including water, coffee, juice, chewing gum, medications unless advised or breath mints).

BLOOD TESTS

If indicated, a pre-admission testing appointment will be made for you. It will consist of anesthesia consult, diagnostic testing (ie: blood work, x-rays etc). If you have any irregular bleeding tendencies, please alert your doctor.

All tests will be ordered by your surgeon and performed in the hospital where your surgery is scheduled approximately one week prior to that date.

N P O MEANS NOTHING BY MOUTH

All adults are to have nothing to eat or drink from midnight the night before surgery is scheduled.

Children like adults, also need to limit the amount of fluids and food during the night and morning before surgery.

COLD OR ILLNESS

Children with an unexplained fever, vomiting or symptoms of a flu-like illness may be at an increased risk for a general anesthetic. If your child has these symptoms, surgery may be postponed. Please call your surgeon to alert him of these conditions as soon as possible before surgery to prevent the inconvenience of having surgery cancelled on the morning of surgery.

Generally we prefer the child be free of such illness for one week prior to surgery. Chronic runny nose, teething and hayfever do not pose a problem. We also ask that you call your surgeon if the child has come in close contact with another child with measles, chickenpox or German measles, within the immediate preoperative period.

ARRIVAL TIME THROUGH DISCHARGE TIME

Adults having general anesthesia, should have someone bring them to the hospital the day of surgery and also have someone to bring them home. The patient may not be feeling up to normal activities immediately.

Children should also be accompanied by a parent (or a legal guardian) to the hospital the day of surgery. We ask you to stay at the hospital throughout the admission, surgical and recovery periods. You will have an opportunity to ask questions and meet with your surgeon after the procedure. Parents will be reunited with their child as soon as he/she begins to awaken.

THINGS TO REMEMBER FOR CHILDREN

Remove all baby bottles from the crib at night. Inform all family members that the child should not be given anything by mouth after midnight for surgery the next day. If appropriate for the age of the child, remove all drinking glasses from the bathroom.

THINGS TO REMEMBER FOR ADULTS

No alcoholic beverages 48 hours prior to or following surgery. Please leave all jewelry at home. Remove nail polish and make-up. If you wear contact lenses, bring a case to store them during surgery. Bring all home medications with you to the hospital.

TIP

- Avoid nicotine for 2 weeks before and 2 weeks after surgery as this can interfere with the wound healing and cause delays in your medical management. For those patients coming in from out of town, remember to bring post-operative medications with you so they are available to you after surgery and on the trip home.