



- PREOPERATIVE INSTRUCTIONS -

Planning and preparation is the key element for your surgery. Review this information and make the necessary arrangements.

- Remember not to take aspirin or aspirin containing medications and medicines such as Motrin and its related drugs, for at least 1 week before surgery. These medications can increase the risk of bleeding during or after surgery.
- Please read, Precautions for Surgery Patients information sheet.
- Consult your physician regarding taking your regular medications or supplements prior to surgery.
- Beginning 3 days prior to surgery, rinse with Peridex mouth wash twice a day (including the morning of surgery) if instructed to do so. Continue rinsing for 3 days following the procedure.
- Take antibiotics prior to your appointment as prescribed. You may have no more than a sip of water with your medications.
- Arrange to have someone drive you home after your surgery and stay with you for several hours after surgery.
- Remember not to eat or drink anything for 6 hours before your procedure. If your procedure is in the afternoon, you may have a light meal 6 hours before your appointment.
- Wear loose fitting comfortable clothes. Shirts must be collar-less with short sleeves. Do not wear camisoles, body suits, perfume, cologne, makeup, jewelry or nail polish.
- For patients with removable plates, do not use denture adhesive before the surgery appointment.
- Bring your x-rays with you.
- Trim beards and moustaches as close to the skin as possible.
- Consume a clear liquid diet for 24 hours following the surgery.
- Do not indulge in strenuous work or exercise such as lifting, jogging, tennis or aerobic exercises for at least 14 days after surgery.
- Other: _____

CONTACT INFORMATION

ENT Clinic hours are Mondays through Fridays, 8:00 a.m. to 5:00 p.m.
For assistance and non-urgent concerns, during regular hours, call the Clinic at 210-468-5426.
For assistance related to your care, after regular hours, call the on call service at 210-468-5426.