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Sinus Disorders  
Pediatric ENT Care  
Ear Injuries & Disorders  
Thyroid Problems  
Hearing Loss  
Facial Plastic Surgery  
Voice Disorders  
Acid Reflux

## GENERAL PRE-OPERATION INSTRUCTIONS

- Our goal is to provide excellent and safe care to you before and after surgery.
- DO NOT eat or drink after midnight the night prior to your surgery. This includes smokeless tobacco products, gum, mints or throat lozenges. Also includes coffee, juice and water.
- For your safety, follow these instructions or the anesthesia team may delay or cancel surgery.
- DO NOT drink alcohol or smoke at least 24 hours before surgery.
- DO NOT wear make-up, nail polish or lotions.
- DO NOT wear jewelry. Please take out all body piercings. This includes plastic spacers.
- Be sure to take required medications morning of surgery with a sip of water as instructed by the nurse
- For two weeks prior to surgery and for one week after surgery: Unless instructed otherwise by your physician, DO NOT take Viagra or any sexually enhancing medication (Cialis, Levitra), any Aspirin, Ibuprofen, or any related products (Aleve, Advil, Motrin, etc.), herbal supplements, Vitamin E, St. John's Wort, Coumadin or Plavix as these can cause profuse bleeding. Tylenol is okay.
- On the morning of surgery please report to surgery center/hospital as scheduled.

## GENERAL POST-OPERATION INSTRUCTIONS

- Do not remove dressing and keep area dry for 48 hours unless instructed otherwise by your physician.
- If you experience bleeding through your dressing, please call the office.
- Avoid all strenuous activities (no heavy lifting, jogging, sports, etc.) until your doctor gives approval.
- Take antibiotic and pain medication as directed.
- Avoid aspirin, aspirin-related products, and non-steroidal anti-inflammatory medications (e.g. Motrin, Advil, and Ibuprofen) for up to one week post operatively unless instructed otherwise by your physician
- If the dressing comes off:
  - Clean site gently with hydrogen peroxide twice a day.
  - Apply a light coating of antibiotic ointment (Bacitracin or Polysporin).
- You may experience swelling and bruising. To decrease swelling, elevate your head on pillows. You may use an ice pack. Remember to keep your operative site dry.
- Once incision site or wound is healed, keep area out of sun and use a sunscreen with SPF 30 to prevent scarring and discoloration of your incision.
- It may take 3 -6 months for skin color to minimize. After skin completely healed, may use Vitamin E lotions or Derma-E type products that can help with healing.
- Although unlikely, scar revision procedures are sometimes necessary in the head, neck and face depending on healing but these likely would not be done for up to one year after initial surgery.

If you have any additional questions or problems, please call the office. We want to provide excellent services for our patients; for this reason, we ask our patients not to send their medical questions to us through our social media pages. Patients may send questions via our secure, encrypted server on our patient portal, or they may call our office for assistance.

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