



## TEXAS SINUS, ALLERGY, SNORING & SLEEP INSTITUTE

FOR SINUS, HEARING, ALLERGY AND SLEEP MEDICINE EXCELLENCE

1011 Medical Plaza Dr, Ste 100, The Woodlands, 77380

1800 W. 26th St, Ste 100, Houston, 77008

Ofc: (832) 990-2700 ♦ Fax: (832) 789-9400

### PRE-OPERATIVE INSTRUCTIONS FOR PATIENTS

1. Pre-operative visit within 2 weeks of surgery and review the current drug list with the doctor.
2. NPO after the previous midnight, no food or water or drinks except for hypertension pills on the day of surgery with a sip of water
3. STOP ASPIRIN one week before surgery, other blood thinners 3-5 days before surgery.
4. Make sure all lab and Covid PCR test results are sent to the practice 2 days before surgery. EKG must be sent 1 month before surgery. Send to [info@sinusmd.com](mailto:info@sinusmd.com)
5. Medical/Cardiac clearance from PCP if requested, available for anesthesiologists review
6. Bring all your medicines on day of surgery
7. Diabetic patients need to have their blood sugar under control and hypertension patients need to have their BP controlled prior to surgery.
8. Wear no makeup.
9. Wear loose clothes.
10. If patient was on steroids before surgery, do not take those on day of surgery
11. NO HERBAL MEDICINES, NO GINKGO BILOBA, NO VITAMINS one week before surgery
12. Weight reduction pills to be stopped one week before surgery.
13. NO wine or garlic two nights before surgery.
14. STOP coumadin/Plavix 7 days before surgery with permission of the PCP or cardiologist
15. STOP Eliquis, Xarelto 3 days before surgery with permission of PCP or cardiologist
16. STOP Effient 7 days before surgery with permission of cardiologist
17. STOP Brilinta 5 days before surgery with permission of cardiologist
18. Cannot discontinue blood thinners if patient had one or more cardiac stents placed < 1 year prior to surgery
19. If a patient has asthma, this needs to be controlled before surgery. They should not have any wheezing at the time of surgery and should bring their asthma meds with them
20. Oral sedation or pain meds may be given to some patients for surgery under local anesthesia.
21. Pain medication will be ordered before surgery. Acetaminophen with hydrocodone to be given 1 hour before surgery with sips of water.
22. Women of child-bearing age must have a negative pregnancy test.
23. Please inform the staff if you are allergic to latex or if you have medicine allergies.
24. All patients must follow up with their cardiologist after surgery to resume their blood thinners or call the cardiologist's office the day after surgery and ask about resuming blood thinners.

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Patient or Guardian Signature

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Date

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Witness Signature



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## SURGERY POST-OPERATIVE INSTRUCTIONS

For Sinus/Balloon Sinuplasty/ Septoplasty Surgeries

1. Lay on a recliner or with your head elevated by 30 degrees for a few days.
2. Instill saline spray: 4 sprays each nostril 3 (three) times daily.
3. Do not take any herbal medicines, aspirin, motrin, ibuprofen, aleve, Celebrex, toradol or other NSAIDS or vitamins for two weeks after surgery. These medications increase the risk of bleeding after surgery.
4. Start with regular Tylenol for pain and if the pain is not controlled with Tylenol, use Tylenol with codeine as per the prescription. Sometimes, Tylenol with codeine causes cramping, heartburn, constipation or even vomiting after surgery. Please stop the medicine and call us regarding a change in medication. Until a different medicine is prescribed, plain Tylenol may be taken for pain, fever or headaches. Do not exceed a total of 3 grams of Tylenol per day if you are an adult and have normal liver function.
5. Change gauze on the nose as needed. Bleeding may occur for the first day or two. Old blood may also go down the throat for several weeks after surgery. This is normal.
6. Apply ice packs to the nose 3 (three) times a day for the first 3-4 days. This will reduce the bleeding and the pain.
7. Please call us if you have a fever of 101.5 or greater after the surgery or if you have severe nausea, vomiting, dizziness, headaches, neck stiffness, vision problems or bleeding.
8. If moderate bleeding is noted (constant) bleeding from the nose, use Afrin nasal spray, 4 sprays in each nostril twice a day for three days only. If bleeding is still not slowing, please call the office/answering service immediately.
9. A regular diet is okay WITHOUT hot or spicy foods for the first several days.
10. Cough or sneeze with your mouth open.
11. Weight reducing medications and substances can result in serious complications during and after surgery. Therefore, we advise that you do not take these substances for two weeks after surgery. As a general advice, ephedra and ecstasy have been known to cause serious life threatening conditions.
12. Start all medicines the day after surgery including blood thinners. All blood pressure and diabetes medication should be taken the day of the surgery.
13. If you have medical conditions such as high blood pressure, diabetes, heart disease, kidney problems, we recommend that you see your family doctor or the specialist within a short time after the surgery.
14. Avoid recreational drugs and alcohol for 2 weeks after surgery. As general advice, we do not recommend taking recreational drugs.
15. One week, two(2) weeks and sometimes three (3) weeks after surgery, we generally clean the nose in the office and remove the scabs and blood clots to make sure the healing is proceeding as expected. The nose will be sprayed with local anesthesia spray for this to remove these scabs under endoscopy. This should help with breathing. So please make sure you follow up for these visits.

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Patient or Guardian Signature

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Witness Signature

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Date