

## Preparing For Surgery

The following are instructions and preparations you need to be aware of before and after your surgery. On the day of your surgery you will be given a detailed list of instructions for post operative care. Please read this information carefully.

### Preparing for Surgery

- You should **not have anything to eat or drink anything** for 6 hours before surgery. (If you have been advised by your doctor to take any medication before your surgery, you may have a small amount of water to do so.)
- Brush your teeth prior to your appointment (be sure not to swallow any water).
- Wear loose and comfortable clothes. Be sure to wear short sleeves or a shirt that the sleeves can be easily rolled up past the elbow.
- Do not wear fingernail polish or lipstick.
- You **must** have a ride wait for you in the waiting room during the entire surgical procedure or we will not perform the surgery.
- Medications that may be recommended before surgery:
  - Antibiotics
  - Claritin or any other sinus medication
  - Pepcid
  - Other

### After Surgery

- Rest at home for the remainder of the day. **DO NOT DRIVE!** Plan to take the following 1 - 3 days off from work or school.
- Eat soft foods and clear liquids for the first 24 hours following surgery. Examples are soup, jello, mashed potatoes, etc. **DO NOT DRINK FROM A STRAW!**
- Avoid alcohol and tobacco for one week following surgery.
- Dilute mouth rinses that contain alcohol.
- You should have a responsible adult remain at home with you for 24 hours after surgery.
- Your nurse/assistant will give you a detailed list of instructions for you to take home on the day of your surgery. These instructions will be reviewed carefully with your guardian that day. They will be given the opportunity to ask any questions they may have.