



### **Night Before:**

- Eat a good healthy meal for dinner and then start taking antibiotic.
- Get a good night's rest.
- **DO NOT EAT OR DRINK ANYTHING, NOT EVEN WATER, GUM OR SUCK ON CANDY AFTER MIDNIGHT.**
- Please refrain from smoking and drinking alcohol for 24 hours prior to your procedure.

### **Day of Surgery:**

- You may bathe, brush your teeth and gargle on the morning of your procedure but do not swallow water. If you are having nasal surgery, please make sure that you trim all hairs inside nostrils. All males **MUST** be clean shaved on the morning of surgery.
- Wear loose fitting, comfortable clothing. **MUST** wear something that doesn't have to be taken on or off over your head, zip or button up. Walking shoes and socks. Please avoid wearing dark nail polish and any cosmetics.
- Leave your valuables at home. Leave contact lenses at home or bring a case for them. Please do not wear any jewelry the day of your procedure, including any body piercing (they must **ALL** be taken out).
- If you are staying in a hotel with sitter, please make sure to bring all medications and anything that you will need for overnight stay.
- **YOU MUST** arrange for a responsible **ADULT COMPANION** to drive you home as soon as you are ready to discharge **AND BE WITH YOU FOR 24 HOURS** after your procedure. If you do not, we may have to cancel your procedure.

### **Surgery Night:**

*Hotel* – the sitter will take care of you and bring you back to office the following morning.

*Home* – Take other medications as prescribed if needed. Make sure to eat before taking medications to avoid nausea. Start cold compresses as directed. Sleep upright at 40 degrees either in recliner or with pillows in bed. Use neck pillow if needed so you do not roll.

### **Day After:**

Return to office for 1-day post-operative appointment. We will show you and whoever is assisting in taking care of you how to clean all of your incisions. Continue to take medications as prescribed. You **MUST** take your antibiotic. Again, make sure you eat before taking medications to avoid nausea. You must have a responsible adult to help with your recovery for at least 1 week.

**Please keep this sheet posted somewhere visible to refer to.  
Also, have post-operative instructions available for you and your caretaker.  
Please call if you have any questions!**