

Head and Neck Surgery – Ear, Nose, Throat & Allergy Specialists

The Center for Surgical Care

Outpatient Pre-operative Instructions

1. **Have absolutely nothing to eat or drink after midnight the night before your operation.**
2. Remove all jewelry, fingernail polish and unnecessary items prior to coming to the surgery facility. Leave all valuables at home. **Ladies should not wear makeup.**
3. Discontinue the use of aspirin for two (2) weeks before your operation. Use an aspirin-free product for pain relief if needed; for example Tylenol. No Advil, Aleve, Ibuprofen or Motrin.
4. Don't consume any alcoholic beverages the evening before your operation.
5. If you wear glasses and/or a hearing aid, please bring them with you on the day of the operation. If you wear contact lenses, bring a case for them. You will need to remove them prior to the operation.
6. Wear something loose and comfortable, preferably a blouse or shirt that buttons in the front.
7. If lab work is required, have it done two (2) days before your operation.
8. Please make arrangements for a responsible adult (18 years or older) to drive you to the surgery facility and to drive you home after the operation. You will not be permitted to drive for at least 24 hours after the operation.
9. If you live alone, you **MUST** have a responsible adult (18 years or older) stay with you overnight.
10. If you are having cosmetic surgery, avoid overexposure to the sun for one week prior to the operation.
11. **Remember to have nothing to eat or drink after midnight the night before your operation.**

If you have any questions, please call our office.