



## **Pre-op Sinus and Nasal Surgery Instruction Sheet**

***You have been scheduled for nasal and/or sinus surgery with Dr. Dautremont. Before surgery, it is important to follow these instructions:***

It is imperative that you take all prescribed medications (antibiotics and/or steroids, etc) starting 7 days prior to surgery.

If you require a pre-anesthetic assessment prior to surgery (if you have severe asthma or other serious medical conditions) it is important that you attend this appointment, or your surgery may be canceled. This appointment will be made for you.

If possible, take at least one week off following your surgery. If that is not possible, it is important to avoid strenuous physical labor. In the first 2 weeks following surgery, it is important to avoid strenuous activity or exercise to decrease the risk of a serious nosebleed.

Do not take aspirin, ASA, ibuprofen containing products, naproxen or products containing vitamin E, ginkgo, garlic pills, ginseng, Echinacea or St. John's wort for at least 7 days prior to surgery. Your surgery may be canceled if you fail to follow these instructions. It is okay to take Tylenol for pain as needed.

Do not eat or drink after midnight before surgery. Your surgery may be cancelled or postponed if you eat or drink after midnight. You may take your regular prescribed medications with sips of water on the morning of surgery.

Stop smoking at least 10 days before surgery. Smoking around the time of surgery can impair healing and increases the risk of a general anesthetic.

Make sure that you have a Neilmed Sinus Rinse bottle and kit prior to surgery. You will begin your rinses on the 1st day after surgery. It is important to use boiled and cooled or distilled water when rinsing. You will need to rinse at least 4 times a day in the first 2 weeks following surgery. You will have to continue your rinses after your surgery until told to discontinue/decrease.

It is important to have someone drive you from the hospital after surgery and stay with you the night of surgery. You are not legally able to drive within 24 hours of a general anesthetic.

If you have any questions prior to your surgery, please do not hesitate to call the office at (587) 774-7744 or visit the website at [www.calgaryent.com](http://www.calgaryent.com).

***Remember, a successful surgical outcome depends on good preparation and dedicated postoperative care.***