

Endoscopic Sinus Surgery Pre-Operative Information

1. It is ABSOLUTELY necessary that you stop the following medications for 2 WEEKS PRIOR TO THE DATE OF YOUR PROCEDURE:

- Aspirin and **ANY PRODUCTS WITH ASPIRIN IN IT**
- Goodey's powders
- Motrin/Advil/Ibuprofen/Aleve
- Celebrex/Vioxx
- ALL HERBAL SUPPLEMENTS**
- Vitamin E Supplements

If you have any questions about what medications you should or should not take, please ask to avoid cancellation of your surgery. All of these medications increase bleeding and may make the surgery impossible to perform safely.

2. For pain, Tylenol may be taken and you may take your multivitamin.
3. If you develop an illness before surgery, please notify the office.
4. The procedure usually lasts from two to four hours (depending on the procedure) and is performed under general anesthesia. You will be discharged after a period of observation unless Dr. Dubin has discussed admission to the hospital with you already. If you have come from a distance, it is advised to stay in the area overnight. If flying is necessary, please ask when this is allowed. It is necessary to have someone with you for the procedure.
5. Smoking will decrease the likelihood of a successful outcome in addition to all of the other health consequences. If you smoke and are looking for a good reason to quit, this is it! If you would like assistance in smoking cessation, please ask.
6. IF YOU NEED TO CANCEL YOUR SURGERY, KINDLY GIVE 2 WEEKS NOTICE SO WE CAN GIVE ANOTHER PATIENT YOUR TIME.
7. Please contact us with any questions or concerns that you may have.