



# **Anne Arundel Ear Nose & Throat**

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## **PRE OPERATIVE INSTRUCTIONS**

### **Medications to be stopped two weeks prior to surgery:**

- Aspirin
- Plavix
- Ibuprofen (Motrin/Advil)
- Naprosyn (Aleve)
- Vitamin E
- Ginko Biloba
- Fish Oil

### **Medications to be stopped four days prior to surgery:**

- Warfarin (Coumadin)

Please consult your primary care provider or cardiologist prior to stopping anticoagulants. May resume medications one week following surgery.

### **\*\*NOTHING BY MOUTH AFTER MIDNIGHT\*\***

### **Medications to take the morning of surgery (unless otherwise instructed by your primary care provider):**

- Antihypertensive (blood pressure)
- Anti-reflux (Nexium, Aciphex, Omeprazole, Protonix, Zegerid, Prevacid, Kapidex, Zantac, Pepcid)
- Antibiotics for heart or metal implants will be given IV prior to surgery.

### **Medications NOT to take the morning of surgery (unless otherwise instructed by your primary care provider):**

- Glucose lowering medications, including insulin.

## **ITEMS TO OBTAIN PRIOR TO SURGERY**

- Popsicles
- Yogurt
- Ice Cream
- Protein Shakes
- Soft Foods
- Sinus rinse bottle
- Distilled water
- Saline packets
- Hydrogen Peroxide
- Bacitracin or Neosporin - antibiotic ointment
- Cotton swabs
- Afrin (if a sinus/septum operative patient)