

EAR, NOSE & THROAT SPECIALISTS OF SOUTHERN NEW HAMPSHIRE, P.A.
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Pre-Operative SURGICAL INSTRUCTIONS
(General Anesthesia)

Surgery Date: _____

Location:

- **Elliot Hospital** – Call them at 663-5663 several days before surgery to pre-register
- **Elliot 1-Day Surgery Center** – no pre-registration required
- **CMC** – the pre-registration clerk will call you several days before the surgery
- **Hitchcock Clinic** – no pre-registration required

- Verify and follow all insurance requirements (authorizations, pre-certification, etc.). Our office will also check with your insurance company before scheduling the procedure. You will be advised of your surgery date and counseled about the procedure. We will not know the exact time of your procedure until the day before. Bring your insurance card/information with you to surgery.

- *Some patients require some type of pre-operative testing prior to surgery as well as an interview with the anesthesiologist.*

Pre-operative Interview Required: Yes No

If yes, Location: _____ Date: _____ Time: _____

Pre-operative Testing Required: Yes No

If yes, Location: _____ Date: _____ Time: _____

Tests: Audiogram CBC BUN
 Hgb/Hct PT Creatine
 Serum Pregnancy PTT Type & Screen
 EKG K+ Type & Crossmatch
 Chest X-ray Other: _____

- Call Jean, our office surgical scheduler, at **625-6766** the day before surgery to verify your surgery arrival time. Our nurses are available to answer any medical questions or concerns.
- Discontinue anticoagulants, anti-inflammatory drugs (Motrin, Advil, Aleve, Naprosyn, etc.), aspirin and diet pills at least two (2) weeks prior to the surgery or as directed by your physician. Tylenol is fine. Patients having nasal surgery must also discontinue using over-the-counter nasal sprays (such as Afrin) two (2) weeks before the surgery. Seek the advice of your doctor before discontinuing blood-thinning drugs like Coumadin.
- When you return home after the surgery, our office nurse will call to check on your condition and answer any of your questions. She will also schedule a post-operative visit.
- Please read the back of this form and look over your separate post-operative instruction sheet.

(Over for more instructions →)

• **FASTING GUIDELINES:**

Patients aged 1 year old to adult:

For ALL surgeries scheduled at 8:00 a.m. or earlier, nothing to eat or drink after midnight.

For ALL surgeries scheduled later than 8:00 a.m., NO SOLID FOODS after midnight. May have CLEAR LIQUIDS ONLY until 4 hours prior to surgery.

Clear Liquids are:	Water	Apple Juice	Cranberry Juice	Gatorade	Clear Broth
	Jello	Black Coffee	Black Tea	Clear Sodas (minimal amts.)	

NO MILK or MILK PRODUCTS, NO ORANGE JUICE OR OTHER JUICES WITH PULP.

Babies under 12 months of age:

Breast milk or clear liquids until 4 hours prior to surgery.

Or:

Formula until 6 hours prior to surgery, then clear liquids until 4 hours prior to surgery.

Additional instructions for patients 13 years old to adult:

- Do not consume alcohol for 24 hours prior to surgery.
- Do not wear contact lenses, make-up, nail polish or jewelry (including body piercing of the tongue/lip). It is not necessary to remove sculptured nails, just the nail polish.
- Wear casual, loose fitting clothes and low-heeled shoes or sneakers.
- You will not be permitted to drive yourself home or to take public transportation unescorted. Because of the effects of anesthesia, please make arrangements to have a responsible person drive you home and stay with you for at least 24 hours after the surgery. If the patient is a young child, it would be helpful to have another adult in the car on the drive home.
- For the first 24 hours after surgery:
 - Do not make critical decisions
 - Do not drink alcohol or use non-prescription drugs unless advised by your doctor
 - Do not operate any motor vehicle
 - Do not operate machinery or dangerous appliances

For infants and children up to 12 years old:

- Young children should wear pajamas or outfits that allow access to the chest through buttons, snaps or zippers. (Hospital pajamas may be required for some procedures.) For added comfort, bring a favorite blanket or toy
- Parents are expected to remain with their child until the time of the surgery and again shortly after surgery when the child is brought to the recovery area.
- The hospital or surgery center will provide regular cups and juice for post-operative drinking. For infants and toddlers, please bring a bottle or sippy cup.

For ALL patients:

- In case of post-operative vomiting, bring a container for the car ride home.
- Surgery may be postponed for the following reasons:
 - A cold and/or persistent cough
 - A fever greater than 100°
 - Flu symptoms (vomiting and/or diarrhea)
 - Eating or drinking after midnight the night before surgery
 - Active ear drainage if you are scheduled for Tympanoplasty I or II, Stapedectomy or Tympanomastoidectomy.