

# Cabarrus ENT & Facial Plastic Surgery

## Outpatient Surgery

### Instruction Sheet

- ◆ You will need someone to come with you the day of surgery to pick up your prescriptions from the Gateway pharmacy and drive you home.
  
- ◆ Please discuss all your daily medications with the Gateway surgery nurse at least one week prior to surgery. She/he will tell you what medications you may need to stop one week before the surgery or what medications not to take the day of surgery. Blood pressure medication should be taken with a small sip of water the morning of your surgery unless otherwise instructed by the anesthesiologist.
  
- All blood thinners will need to be stopped 7-10 days prior to your surgery. This includes but is not limited to: Coumadin, Aggrenox, Plavix, Aspirin, BC powders, Ibuprofen, Aleve, Celebrex, all NSAIDs, Herbal supplements, and Vitamin E.  
Do not take any cough/cold medications or menstrual cramp medications as these may thin your blood also. **You need to speak to Dr. Jarchow and your primary care doctor to get clearance to stop any prescription blood thinners.**
  
- ◆ You will get a prescription at your pre-op office visit for an antibiotic that you will start the day before your surgery. All other prescriptions will be available for pick up the day of surgery at the Gateway Pharmacy located beside the surgery center.
  
- **You cannot have anything to eat or drink beginning at midnight the night before your surgery and the morning of surgery.** If you forget this and eat something, your surgery will be canceled due to the risk of aspiration while you are asleep for surgery.
  
- If you need something for pain the week before surgery, you may take Tylenol (acetaminophen).  
  
◆ If you are having sinus surgery you will need a rinse kit (the cost is \$10 and this qualifies for Health Care Savings Account) to take home with you. You will begin using the rinse kit the day after your surgery. Purchase a gallon of distilled water to use in the sinus rinses.

**If you have any questions regarding your upcoming surgery please call the office @ 704-782-7111 and we will be glad to assist you.**

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