

**BENJAMIN S. BLEIER, MD, FARS, FACS****ENDOSCOPIC SINUS AND SKULL BASE SURGERY**

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SINUS AND NASAL SURGERY PRE-OPERATIVE INSTRUCTIONS

You have been scheduled for sinus surgery with Dr. Benjamin Bleier. Please read over the following instructions to help ensure that you have the most pleasant experience possible with your surgery.

General Pre-operative Instructions

1. If you are on blood thinners (ie. *Coumadin(Warfarin)*, *Plavix(Clopidogrel)*, *Eliquis (Apixaban)*) please alert the surgeon as these medications are commonly used for heart conditions and we must coordinate stopping and restarting them with your Cardiologist or Primary Care Doctor.
2. Stop all products that can increase bleeding *AT LEAST* 7 days before surgery. These products include but are not limited to the following:
 - Aspirin(including 81mg baby aspirin). This must be cleared with your Primary Care Doctor or Cardiologist.
 - NSAIDs- Ibuprofen, Advil, Motrin, Alleve, Naproxen, Naprosyn, Ketorlac, Toradol, etc...(Remember these can be a component of over the counter cold/sinus/allergy medications as well)
 - Vitamin E
 - Any herbs or supplements especially those that start with "G" – Garlic, Ginger, Ginko-biloba, Green Tea
 - Any non-prescription over the counter medications

You may take Tylenol(according to the dosing instructions on the bottle) for incidental aches and pains.

Day Before Surgery

1. You will receive a call several days before your surgery date telling you what time you need to come to the hospital and where to check in. We recommend coming 2.5 to 3 hours before your surgical time.
2. If you are not being admitted to the hospital after surgery you will need to arrange to have someone take you home as you will not be able to drive following general anesthesia.
3. Do not eat anything after *MIDNIGHT* on the day of your surgery.

Risks of Surgery

The surgical risks include bleeding, infection, ocular injury, CSF leak, septal perforation, tearing, scarring, cheek/palate numbness, recurrence of symptoms, need for further surgery, and the risks of anesthesia. Your surgeon will review all these risks with you.

Our goal is to make your surgical experience as comfortable and safe as possible. Please call Dr. Bleier's office(617-573-3655) if you have any questions about the instructions.

