

### One week before surgery:

- Your pre-op history and physical (H&P) and any necessary tests (which may include blood work, EKG, chest x-ray, etc...) are required to be completed within 7 days of your surgery. Do not wait until the last minute - it takes time for the lab to return the results to your surgeon! The history and physical must be completed by your primary care physician on a special Cedars-Sinai form which is included in your packet. Please take this form with you to your physician's office and see that it is completed and then faxed or mailed back to our office. The hospital will not allow the surgery to go forward without receiving the above noted forms and tests at least 24 hours prior to your surgery. These tests are for your own safety as you undergo anesthesia and surgery.
- The doctor has reserved special time for your procedure. In order to confirm your surgery date, the name of your primary care physician and the date and time of your pre-op appointment must be provided to the office at least 7 days in advance of your surgery. If we do not hear from you, your surgery will be rescheduled.
- The history and physical as well as any tests that are ordered are your responsibility. If you do not have a primary care physician, our doctors will provide you with a recommendation. We are here to assist you in completing the pre-operative requirements.
- Stop taking aspirin, coumadin, warfarin, plavix, anti-inflammatory medications, blood thinning agents and all over the counter pain medication with the exception of Tylenol at least 7 days prior to your surgery. (Motrin, Advil, ibuprofen, Aleve and all other over the counter pain medications increase the risk of bleeding during and after surgery).
- Many herbal medications and supplements like garlic, ginkgo biloba, ginseng, fish oil, and omega-3 fatty acids can also cause increased bleeding during surgery. If you have any questions or concerns, please contact our office.
- If your child is having surgery, you may arrange a tour of the facilities through the **Cedars-Sinai Childlife Services at (310) 423-2380**.

### The night before surgery:

- The hospital will be contacting you directly by telephone to discuss the details of your admission: where to park, where to enter the hospital, etc... If you do not hear from them by the night before, please call them directly at (310) 423-5000 and ask for outpatient admitting to confirm your admission.
- Our office will also try to notify you of the exact time of your surgery. Generally speaking, we schedule infants and children earlier in the day than adults as they have a greater need for fluid intake and are at higher risk of dehydration. Please provide our staff with all possible phone numbers with which to contact you: cell, beeper, voice mail, etc...
- **Adults:** You may eat a light supper, avoiding fatty greasy foods. It is very important that you do not eat or drink anything, not even water, 8 hours prior to your scheduled surgery as this could interfere with your anesthesia, increase the risk of pneumonia and cause postponement.
- **Children:** Small children are typically allowed to have clear liquids (water, clear juice, tea, popsicles, gelatin and broth) up until 2 hours before surgery. Milk, formula and solid foods are allowed only up to 6-8 hours prior to surgery.

### The day of surgery:

- On the morning of your surgery, you must be at the hospital no later than two hours prior to your scheduled surgery time. It is important that you show up on time or you may risk cancellation of your surgery.
- There are occasions where your surgery may be delayed due to unforeseen emergencies or scheduling and we always suggest that you “bring a good book” to cover for this contingency. We do our best to anticipate the duration of our surgeries and schedule accordingly. However, we cannot predict everything and our top priority is always the health and safety of the patient on the operating table.
- All patients will spend some time in the post-op recovery room following surgery. The exact amount of time can vary considerably depending on the length of the anesthesia and sensitivity of the patient to medications. Once you are stable enough to leave the recovery room:
  - If you were scheduled for outpatient surgery: You will typically be discharged home directly from the recovery room. Patients are under no circumstances allowed to drive themselves home after any anesthetic, nor are taxi cab or limo services permitted. You must arrange for your own private transportation home from the hospital. It is occasionally necessary to keep a patient overnight due to unforeseen circumstances, for this reason, we suggest packing an overnight bag – again, just in case.
  - Some patients are scheduled to be kept in an observation room for up to 23 hours post-op while others will remain as a full admission to the hospital. Regardless of the duration of your stay, your discharge will depend upon your recovery from surgery and anesthesia.

**Other notes:**

For anyone having sinus surgery, blood transfusions are typically highly unlikely. If the need for transfusion is anticipated, you have the following options:

1. Accept banked blood from random donors which is screened for HIV and Hepatitis.
2. Have someone donate blood on your behalf (which must also be screened).
3. Donate your own.

• Options 2 and 3 require donation a few weeks in advance of your surgery to allow sufficient time to process and test the donated blood. If you are interested in information concerning the above, contact the blood bank at Cedars-Sinai medical center at (310) 423-5411.

This office will only bill your insurance company for our surgeon’s fees only. **You may contact the hospital at (323) 866-8781 & the anesthesiologist at (310) 423-5841 for their charges.** We hope we have answered all your questions. If not, please contact the office for further clarification. We also welcome any suggestions you may have about our office policies. By listening to your thoughts, ideas & suggestions, we can continually make necessary changes to provide our patients with the best possible care.