Before Sinus Surgery it's important certain guidelines be followed, allowing your surgery to go as smoothly as possible, healing to occur as rapidly as possible, with as little discomfort as possible. Please follow the protocols below and call the practice should you have any concerns or issues with following this pre-op instruction as directed.

1. Eliminate caffeine and alcohol for 48-hours before surgery.
2. Drink lots of water, juice, milk, or other hydrating beverages for 48-hours before surgery.
3. Stop taking any/all medication(s) Dr. Hoffman directly stated you stop taking, at the time you were requested to stop taking that/those medication(s).
4. Take all other medications, per your normal daily routine, as prescribed by your physician.
5. No smoking for 1-week before the procedure - none!
6. Get plenty of sleep the night before the procedure to aid healing.
7. If sedated: get transportation and post-op home care planned out accordingly, sign all required consent forms prior to surgery.
8. Ensure all your questions are answered and you are prepared for surgery, as well as follow the post-operative instructions exactly as they will be written.
9. Be prepared to purchase any post-operative medication(s) that may be necessary to help your surgery - you/your driver may need to stop at the pharmacy on the way home.
10. Talk with Dr. Hoffman about any potential issues that may prevent you from having successful surgery and/or successful healing, that has not already been discussed.
11. Prepare for the first few days following surgery (appropriate drinks, foods, pillow cases, ice packs, comfortable clothes, medication(s) and sleep).
12. After breakfast, Brush and floss, your teeth well before surgery; then rinse with oral antiseptic (Listerine, Scope, Chlorhexidine, etc) vigorously for 60-seconds...eat nothing thereafter.

Medications:
You will be given prescriptions for antibiotics (Augmentin or Levaquin), a glucocorticoid (Dexamethasone) that will need to be started the day before surgery, be sure you take the medications as indicated. Report any potential issues to Dr. Hoffman before surgery.
Conscious Sedation:
Dr. Hoffman will be prescribing conscious sedation medication for your sinus surgery; most commonly Halcion (Triazolam), or Xanax (Aprozolam), due to their ease of intake, appropriate half-life length and low level of drug-drug interactions. It is imperative you follow the pre-operative sedation guidelines exactly as they have been outlined for you. Most patients have absolutely no recall of the entire visit, this is called retrograde amnesia. It is helpful for surgical cases. Also, most patients are still able to follow verbal commands during surgery, which is very helpful to Dr. Hoffman and his team.

Due to the sedation, we request you do not attempt to walk while in the office, we will have a wheelchair for your in-office transportation, as well as to receive you from your car and to deliver you back to your car when the surgery is complete.

Please bring any/all unused sedation medication with you for your surgery, as it may be needed during your procedure.

Please contact our office with any questions, or help with the above. We want you to be properly prepared, so you can have the most predictable experience possible.