

1. Nothing to eat or drink after midnight on the night before surgery or for at least six hours before surgery.
2. Stop smoking 6 weeks prior to the procedure. (No smoking 6 months after the procedure.)
3. Stop use of aspirin and ibuprofen (Motrin, Advil) or ibuprofen-like (Aleve, Naproxen) drugs 7 days prior to the procedure. Do not take similar types of medicines called NSAIDS (Unless told to do otherwise by your other doctors and please inform us).
4. Discontinue all herbal medications, including vitamin E, fish oil, and vitamin supplements (except for a small daily multivitamin) 2 weeks prior to surgery. *A daily multivitamin is advisable to optimize healing. But do not take it the morning of surgery.*
 - a. Take preoperative medications if prescribed: (Take with a sip of water)
 - b. Antibiotic: Start first dose one day prior to surgery, if prescribed. But do not take any the morning of the surgery. This will be given through your IV during surgery. (ie; Penicillin, Amoxicillin, Cephalexin, Clindamycin).
 - c. Sedatives such as Valium may be prescribed to be taken the night prior to surgery.
 - d. Some medicines should not be stopped such as _____
_____ per Dr. Reynolds/Dr. Auble.
5. A responsible adult must accompany the patient. The person must be able to drive because the patient will not be allowed to drive for 24 hours. If the patient is discharged to home, someone must watch the patient for at least 8 hours after the surgery. They cannot be dropped off alone.
6. If you have a severe cold, sore throat or sinus infection with excessive drainage prior to surgery please call the office to inform Dr. Reynolds/Dr. Auble. He may want to see you in advance of the procedure or reschedule until after you have recovered.
7. No makeup or jewelry should be worn on the day of surgery. In particular at least one fingernail should be without nail polish to facilitate monitor placement. Do not wear contacts on the day of surgery.
8. Brush, Floss and Rinse before surgery.