



Pre Op Instructions for Nasal and Sinus Surgery

We do everything we can do to reduce bleeding during sinus surgery because bleeding blocks our ability to see in your nose and sinuses. Do NOT take aspirin or aspirin containing products (see list) for 7 days prior to surgery because they will thin your blood, resulting in more bleeding during surgery. We would prefer that you also not use Ginkgo, ginseng, Vitamin E or Garlic pills as they have been reported to result in increased bleeding during surgery (see list). Tylenol® or Acetaminophen is safe to use prior to surgery.

You may need antibiotics and/or steroids to reduce inflammation in your nose and sinuses the week before surgery. Please take these as prescribed if they are given to you. This will help reduce the amount of bleeding during surgery, especially if polyps are present, speed the healing process, and improve your chances of a successful result.

Approximately 30 minutes before surgery, you will be given a decongestant nasal spray like Afrin®. This will reduce nasal congestion and bleeding during your surgery to improve the surgeon's ability to see.

Do not eat or drink anything after midnight the day before your surgery. If you take medicines every day, be sure to ask how you should take them on the day of surgery.

Uncontrolled high blood pressure results in excessive bleeding during and after surgery. Be sure to take your blood pressure medications and discuss blood pressure control problems with your family doctor and surgeon.

