

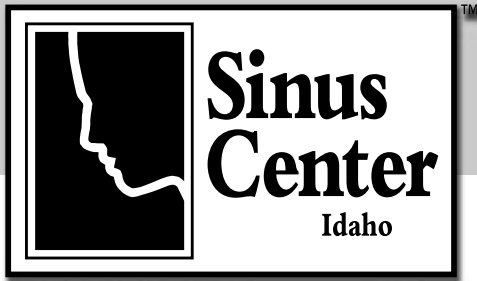
Idaho's first sinus care clinic

Before Surgery.... What to do.

- Stop taking Aspirin, Ibuprofen and related products 2 full weeks before your surgery. (Advil, Motrin, Aleve, Naproxen sodium, or other anti-inflammatory medicine.) Please advise your medical provider if you are taking any medication for arthritis.
- Stop the use of ALL HERBAL or non-traditional medicines. (Such as Ginko, Vitamin E, etc.)
- Nothing to eat or drink (including water, gum, hard candy, and chewing tobacco) after midnight before your scheduled surgery. Non-compliance with this order will result in cancellation of your surgery.
- Blood pressure or heart medication should be taken the morning of surgery with a teaspoon of water. DO NOT STOP these medications prior to surgery unless instructed to do so.
- Labs need to be drawn AT LEAST 4 days before surgery.
- If you use an inhaler, (even occasionally) please bring it with you on the day of the surgery.
- Arrange to have someone drive you home after your surgery. Failure to have someone assist you could result in cancellation of your surgery. A responsible individual needs to be with you for the first 24 hours after surgery.
- No smoking twelve hours before your scheduled surgery time.
- Do not bring anything of value with you (watches, jewelry, purses, or wallets); River Run Surgery Center (facility) will not be responsible for any lost or stolen items.
- Wear comfortable loose fitting clothing (sweat pants and button-up shirt, nothing you have to pull over your head) to the surgery center.
- If you become sick (cold, sore throat, fever) please notify our office at 208.433-9300. If long distance or in an outlying area, call toll free at 1-877-637-4687.
- After hour hospital emergencies are handled ONLY at St. Lukes Meridian hospital.

FINANCIAL

- You could receive a total of up to 5 bills. (i.e. : Sinus Center-Idaho, River Run Surgery Center or the hospital, pathology, laboratory, and anesthesia.)



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After Surgery.... What to do.

- Start irrigation the day of surgery. Continue every day, 4-5 times/day (**more frequently is encouraged**) for at least twelve weeks (the longer the better). Irrigate with 1 teaspoon of sea salt and 1 teaspoon of baking soda in two cups of warm water. Use bulb syringe to irrigate with. Sea Salt can be bought at Winco.
- You may blow your nose **GENTLY**. However, if you feel the urge to blow, it would be more beneficial to irrigate.
- Gel Film may be used as a tissue spacer. It is placed into each nostril to keep tissue from scarring. It is rolled into a small brown tube shape. IF it comes out after surgery when doing nasal irrigation, it is okay.
- Do not bend or lift anything heavy for the next week.
- Although you may breath better immediately after surgery, you should expect to be stuffy for one full week.
- Do not use any nasal cortisone sprays unless directed by your doctor.
- Change the mustache dressing whenever necessary.
- You may be more comfortable sleeping in a recliner or propped up in bed for the first few days.
- If you have a mist humidifier, use it for the next week or two.
- NO hot tub tonight! NO swimming for two weeks!
- You may have whatever you would like to eat or drink (NO ALCOHOL). You may want to keep it light the day of surgery.
- Make sure you have a little something in your stomach before taking your pain medication.
- Do not put anything into your nose (tissue, fingers, etc.), except for the bulb syringe.
- Take all medications as ordered by your surgeon.

**In case of an emergency, please call
Sinus Center - Idaho at 208-433-9300
or Toll Free 1-877-637-4687.**

**Please Do Not Hesitate to Call for any reason!
After hour hospital emergencies are handled ONLY at St. Lukes
Meridian hospital.**