



PLEASE READ CAREFULLY

**FAILURE TO FOLLOW INSTRUCTIONS LISTED BELOW COULD RESULT IN THE
CANCELLATION OF YOUR PROCEDURE**

PREOPERATIVE CLARIFIX INSTRUCTIONS

- Arrive at the Exton office 15 minutes prior to procedure
- No restrictions on eating or drinking the day of procedure. A light breakfast is recommended.
- You may take Tylenol as needed for pain prior to the procedure.
- STOP ALL BLOOD THINNING MEDICATIONS 7 DAYS prior to your procedure. You MUST ALSO check with your Primary Care Provider or Cardiologist if this timing is approved by them, and let us know. This includes:
 - All Aspirin and Aspirin containing products. Excedrin, Bayer Aspirin, BC Powder, Anacin, Fiorinal, Norgesic, Robaxisal, Soma Coumpound, etc.
 - Advil, Aleve, Celebrex, Voltaren, Cataflan, Arthotec, Etodolac, Dolobid, Ibuprofen, Lidine, Nalfon, Ansaid, Indocin, Motrin, Orudis, Toradol, Relafan, Naprosyn, Daypro, Feldene, Tolectin and Bextra.
 - VITAMINS AND/OR FISH OIL
- **IF YOU TAKE MEDICATION FOR BLOOD PRESSURE, TAKE THEM THE DAY OF SURGERY!**
- Saline nasal spray and a Nedi Pot or Saline Rinse Bottle will need to be picked up at your pharmacy prior to your procedure. This is available over the counter and you will be given instructions for use after you have your procedure.
- If prescribed, prescriptions will need to be picked up from you pharmacy, several days in advance. **Please bring them with you the day of the procedure.**



Post Operative Instructions

1. No nose blowing for 24 hours. Nasal congestion is expected following the treatment and can last up to several weeks.
2. Use saline nasal rinses several times a day until your follow up appointment.
3. Use Tylenol or Extra Strength Tylenol for any discomfort.
4. If you experience "brain freeze" or an "ice cream headache," carefully sip on a hot beverage such as decaffeinated tea.
5. Follow up with your physician as directed. Your follow up appointment is scheduled for _____.
6. Contact the office at **610-363-2532** with any questions.

To our Patients,

As of April 27, 2020, the Pennsylvania Governor has lifted the ban on elective procedures/ surgeries. There are precautions that every facility must now include in their procedural protocol. We are asking our patients for their patience and compliance during this time. The safety of our patients and staff is our main concern.

ENTACC added patient and staff thermal screenings, continual sanitation/disinfecting of high touch surfaces, reduced patient traffic, increase social distancing of patients and donning personal protective equipment (PPE).

Please be aware of the following guidelines that MUST be adhered to for the protection of our patients and staff:

- All patients are required to have Covid-19 testing 7 days prior to the day of your procedure/surgery. Testing is available at:

Patient First Urgent Care – Downingtown (next to Home Depot)

967 East Lancaster Avenue

Downingtown, PA 19335-3328

Drive-Up COVID-19 testing available at this location, by appointment only.

To make an appointment, call (484) 593-5160 and enter “5” to speak with the front desk. No out-of-pocket cost for insured patients.

If test results are not received, the procedure/surgery will be canceled, without exception. Your surgeon will be notified promptly of all positive results and contact you directly with additional instructions as needed. If you are positive for COVID-19, your procedure/surgery will be cancelled.

- Once tested, all patients should make every attempt to self-isolate at home until the day of your procedure/surgery.
- You MUST wear a mask into our facility for everyone’s protection.
- You will be screened upon arrival to ENTACC, as well as a thermal screening. You will be asked a series of questions assessing your current health. If your health status has changed, your procedure/surgery may be canceled, and additional instructions will be provided at this time.
- Please do not bring visitors with you unless you need assistance and/or the patient is a minor. Visitors will be directed to remain in the car or return home and wait for a call from center staff.
- We ask that you make EVERY effort to arrive at the appointed time, as we have made every effort not to exceed a healthy waiting room capacity.