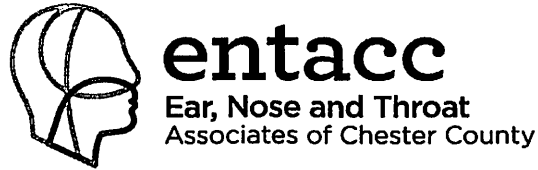




**PLEASE READ CAREFULLY
FAILURE TO FOLLOW INSTRUCTIONS LISTED BELOW COULD
RESULT IN THE CANCELLATION OF YOUR PROCEDURE**

**PREOPERATIVE INSTRUCTIONS
OFFICE SINUS PROCEDURE**

- Arrive at the Exton office 15 minutes prior to procedure. Bring your Cat Scan CD with you (if you have it).
- No restrictions on eating or drinking the day of procedure. A light breakfast is recommended.
- **All patients will need a designated driver to stay with them the day of the procedure.**
- 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 Compound, etc.
 - Advil, Aleve, Celebrex, Voltaren, Cataflan, Arthotec, Etodolac, Dolobid, Ibuprofen, Lidine, Nalfon, Ansaïd, 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.
- Prescriptions will need to be picked up from your pharmacy, several days in advance, **please bring them with you the day of the procedure.**



In-Office Sinus Surgery Post Procedure Instructions

1. **No nose blowing for 24 hours.** Resume gentle nose blowing after that, unless otherwise directed. Sniff inwards all you want.
2. Sneeze with an open mouth.
3. If you accidentally blow your nose or sneeze, you may get some air in your cheek or face. If this happens, you will notice some puffiness and crackling in your face. It is not usually serious and will resolve in a day or two. If you are concerned, call our office.
4. **Starting tonight: Use a NediPot or Saline Rinse bottle. Then, use twice daily for 3 days.**
5. **Starting tonight: Use Saline Nasal Spray (over the counter) – 4 sprays each nostril. Do this 4-6 times a day until your follow up.**
6. Sleep with your head elevated on 2-3 pillows for a couple of days. This will help keep swelling and congestion down.
7. If you use CPAP, continue to use unless otherwise directed.
8. It is normal to experience periodic congestion, headaches, ear pain, tooth pain, and bloody drainage after the procedure for several days. You may either take a narcotic medication (if prescribed to you) or **Extra Strength Tylenol** to help relieve any discomfort.
9. You may resume all of your regular medications with the exception of aspirin, Vitamin E or fish oil supplements, or other blood thinners. These may be resumed 48 hours after the procedure.
10. Avoid coffee, tea, alcohol, and hot foods for 48 hours after the procedure.
11. Avoid hot steamy for showers 24 hours.

You may eat or drink at _____

Your follow up appointment has been scheduled on: _____

Pick up the following medications at your pharmacy: _____

Please call ENTACC with any questions or concerns: (610) 363-2532

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.