

**Isaac Namdar, MD**  
**Head and Neck Surgical Group**  
**General Instructions for Pre-Operative Patients**

1. **Do not eat or drink anything after midnight, surgery will be cancelled if you do eat or drink.** You may brush your teeth and rinse your mouth in the morning. Daily important medications such as heart, thyroid, seizure or blood pressure should be taken with a sip of water at their usual times.
  2. **Do not take any aspirin or similar drugs that may cause excessive bleeding. These aspirin related drugs should be avoided for two weeks prior to the surgery, and until your doctor indicates after. For example: Motrin, Anacin, Dristan, Percodan, Excedrin, Alka-Seltzer, Bufferin, Feldene, Advil, Nuprin, Naprosyn, Anaprox, Indocin, Dolobid, Clinoril, Ginokba or Fiorinal. Also many over-the-counter cold preparations contain aspirin—ask your pharmacist. Tylenol (acetaminophen) is OK.**
  3. **Discontinue Vitamin E** for two weeks prior and two weeks following surgery.
  4. If you smoke, try to abstain for at least 10 days prior to surgery. Smoking causes poor wound healing, excessive scarring and respiratory complications.
  5. Do not drink any alcohol for 4 days prior to surgery.
  6. Do not wear make-up/nail polish on the day of surgery. Leave jewelry and money home.
  7. Please shower or bathe with an antibacterial soap either the night before or the morning of surgery. Do not apply moisturizers or skin conditioners of any kind.
  8. Following surgery you must have a reliable escort to bring you home. For ambulatory surgery someone should remain with you for the first night after surgery.
  9. Notify the office if you have a fever, sore throat or signs of a cold within one week prior to surgery.
  10. **All indicated laboratory tests must be completed within 10 days of your surgery date. If you do not have all the required tests your surgery will be cancelled. Fax results to 212-523-8165**
  11. Please arrive to the hospital 1 ½ hours before your scheduled surgery time. Bring something to read in case there are delays. Children should bring their favorite toy.
  12. Wear comfortable clothing. A button down, loose fitting shirt is best; no pullovers.
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The office staff is always available to answer any questions or concerns that you may have regarding your surgery. For questions please call 212-262-4444.