



## **Ear Center: Preoperative Surgery Instructions for Adults & Children**

**Phone: 336-273-9932**

We are pleased that you have chosen us to perform your surgery. In order to help you get ready for your procedure or your child's procedure, we have included preoperatively instructions for you to follow for some of our common procedures. Please click on the appropriate link to the left.

### **Standard preoperative instructions:**

#### **Adults**

**Eating** - You may eat and drink normally until 12 midnight the day before your operation. Do not eat or drink anything after 12 midnight. You may brush your teeth in the morning but spit out the water.

**Bathing** - If you are scheduled to have an ear operation, please shampoo your hair and wash carefully behind your ears the evening before your operation. Use cotton with Vaseline to plug your ear canals so as not to get any water into your ear canals.

**Medications** Do not take any aspirin, aspirin containing products, ibuprofen (Motrin), NSAID's (Aleve, etc), for 10 days prior to your operation. You may take Tylenol containing products. Click [HERE](#) for a list of medications that should not be taken.

If you are taking blood thinners of any kind (Coumadin, warfarin, etc.) and have not discussed them with your surgeon, please contact us immediately at (336) 273-9932.

If you are taking medications to decrease stomach acid production or gastroesophageal reflux (Prevacid, Nexium, Zantac, Pepcid, etc.), you should take one pill with one teaspoon of water when you awaken in the morning of your operation before traveling to the surgical facility.

If you take blood pressure pills, you may take one pill with one teaspoon of water when you awaken.

If you have asthma, you may use two puffs of your asthma inhaler when you awaken.

Do not chew gum the morning of your operation.

If you are taking any special medications and have questions about whether you should take them when you awaken, please contact one of our nurses at (336) 273-9932.

## **Children**

Eating - Your child may eat and drink normally until 12 midnight the day before his/her operation.

Children younger than 3 years of age: young children should not eat any solid food after midnight but may drink either water or apple juice between 12 midnight and 3:00am. They should not eat or drink anything after 3:00am. Although they may be fussy, do not feed them any food or liquid when they awaken in the morning or put anything in their mouths. If they eat or drink anything in the morning, the anesthesiologist will not put them to sleep, and the operation will be postponed to another day.

Children 3 years or older: these children should not eat food or drink any liquid after 12 midnight. Although they may be fussy or complain verbally, do not feed them any food or liquid when they awaken in the morning, put anything in their mouths, or permit them to eat or drink. If they eat or drink anything in the morning, the anesthesiologist will not put them to sleep, and the operation will be postponed to another day.

Bathing - If your child is scheduled to have an ear operation, please bath them, shampoo their hair, and wash carefully behind their ears the evening before their operation. Use cotton with Vaseline to plug their ear canals so as not to get any water into their ear canals.

Medications Your child should not take any aspirin, aspirin containing products, children's Motrin (ibuprofen), for 10 days prior to their operation. In fact, children under 18 years of age should not take aspirin or aspirin containing products due to the possibility of triggering a severe condition called "Reyes Syndrome". It is safe for them to take Tylenol containing products

If your child is taking medications to decrease stomach acid production or gastroesophageal reflux (Zantac, etc.), you should give them their usual dose with one teaspoon of water when they awaken in the morning of their operation before traveling to the surgical facility.

If your child has asthma, you may give them a home nebulizer treatment or have them use one puff of their asthma inhaler when they awaken. Bring all of their inhalers with you to the surgical facility.

Children should not chew gum the morning of their operation.

If your child is taking any special medication(s), and you have any questions or concerns about whether you should administer them when they awaken, please contact one of our nurses at (336) 273-9932.

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