



Pre-Operative Instructions

For In Office Procedures

To ensure successful surgery and smooth recovery, please follow these pre-operative instructions carefully. If you have any questions or concerns, contact our office at 727-870-3223 or email us at tc.ent.contact@entaaf.com.

1. Medications:

- a. Review Your Medications: Bring a list of all medications, including over-the-counter drugs, supplements (like fish oil), and vitamins, to your pre-operative appointment.
- b. Blood Thinners: If you are taking blood thinners (e.g., aspirin, warfarin, clopidogrel), you may need to stop them several days before surgery. Dr. Caceres or your primary care physician will provide specific instructions.
- c. Diabetes Medications: Follow specific instructions provided by Dr. Caceres regarding your diabetes medications, especially insulin.

2. Smoking and Alcohol:

- a. Stop Smoking: Refrain from smoking at least two weeks before surgery. Smoking can interfere with anesthesia and slow down the healing process.
- b. No Alcohol: Avoid alcohol for at least two weeks before your surgery.

3. Hygiene:

- a. Shower: Take a shower the night before or the morning of your surgery using an antibacterial soap. Do not apply lotions, perfumes, deodorants, or makeup.
- b. Clothing: Wear loose, comfortable clothing on the day of surgery. Avoid jewelry, nail polish, and contact lenses.

4. Fasting:

- a. As instructed: If instructed to fast prior to the procedure. Do not eat or drink anything after midnight prior to the procedure.
 - i. Morning Medications: If your medications are approved for continuation, drink as little water as possible to swallow the medications.

5. Arrival:

- a. Check-In Time: Arrive at the front desk 15 minutes before your appointment time. Arriving late could result in your surgery being rescheduled.
- b. **Transportation: Arrange for a responsible adult to drive you to and from the office. You will not be allowed to drive yourself home after the surgery.**
 - i. Exceptions: For office procedures that require only local numbing or the application of numbing cream, patients may drive home if they have not taken any narcotic pain medication or sedatives.

____Patient Initials

Kevin Caceres, MD

1615 Pasadena Ave South Suite 220, Saint Petersburg, Florida 33707

Phone (727) 870-3223 Fax (727) 870-4223

A Division of ENT and Allergy Associate of Florida

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6. Personal Items:

- a. Leave Valuables at Home: Do not bring valuables such as jewelry, watches, or large amounts of cash.
- b. Essential Items: Bring your insurance card, identification, a list of medications, and any paperwork provided by our office.

7. Health Changes:

- a. Illness: If you develop a fever, cold, or any other illness before your surgery, contact our office immediately. Your surgery may need to be rescheduled for your safety.

Following these instructions will help ensure that your surgery proceeds smoothly and without complications. If you have any questions or concerns, please do not hesitate to reach out to us. We are here to support you every step of the way.

MY SIGNATURE BELOW INDICATES I HAVE READ, UNDERSTAND, AND AGREE TO FOLLOW THE PRE-OPERATIVE INSTRUCTIONS STATED IN THIS POLICY.

Witness Signature

Patient / Agent / Guardian Signature

Date Signed

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