



PRE-OPERATIVE AND POST-OPERATIVE TEACHING FOR UPPP PATIENTS

PLEASE READ

PREPARATION:

If you use a CPAP device, please wear it every night for the two weeks before surgery. Bring the device with you to the hospital. Please try to exercise and if you are overweight, Please keep your weight stable or reduce it before your operation.

MEDICATION:

Please learn the name and dosage of your medication(s) and take them right up to and including the day of admission for your operation. There are two exceptions:

Aspirin – Please discontinue the use of aspirin or aspirin-like drugs two weeks before admission. This includes Advil, Motrin, Aleve, etc,. You may take Tylenol.

Herbal Medications and Vitamins – Please discontinue for two weeks before admission.

COLDS:

If you develop a cold or upper respiratory infection when you are scheduled for admission, please Inform Dr. Scianna. The operation will be postponed until you have recovered. Please continue taking your medication(s).

SMOKING:

If you smoke, please stop smoking at least one month before your operation.

PREADMISSION:

When the date of your admission is selected, Preadmission Services will contact you approximately two weeks prior to your admission to schedule your preadmission tests and examinations. A member of the department of anesthesia will visit you at the time of your preadmission tests and examinations. A member of anesthesia will visit you at the time of your Pre-admission testing. If you have not been contacted during this period of time, please call Dr. Joseph Scianna office.

EVENING PREPARATION:

Please do not eat a large meal the night before surgery.

It is extremely important that you take no food or liquids by mouth, beginning at midnight the day prior to your operation. Exception: if you are on medication and you need to take them the morning of your admission for operation, you may take them with a tiny sip of water.

ADMISSION:

You will receive additional instructions from the Admitting Office on the day of admission.
You will be asked to sign consent for the operation.

HOSPITALIZATION:

You will be under close supervision for a period of time in the recovery room before you are transferred back to your room. Member of the FAMILY may visit once you have returned to your Room. You are expected to be up and walking the evening of the day of the operation, with the help of the nurses usually you are able to take liquid and solid nourishment the day of the operation.

POST-OPERATIVE VISITS:

Ordinarily, you will be discharged from the hospital the day after your operation. You will be Given detailed information about your medications, diet, and activity after the operation.

Please note that your first post-operative office visit with Dr. Scianna needs to be scheduled for approximately two weeks after your operation. If you need to re-schedule this appointment, please call.

SUTURES & PACKING:

The sutures in your throat will dissolve, they do not have to be removed. If you have nasal surgery, the nasal packing will be removed the day after the operation.

EXERTION, RETURN TO WORK AND AUTOMOBILE DRIVEIN:

A life of leisure, with morning and afternoon rest periods, is recommended for the first one to two weeks, with gradual resumption of normal activity.

Depending on your occupation, you can return to work within 2 weeks. Automobile driving can be resumed after two weeks.

SURGICAL SCHEDULING: 708-216-5078

IMPORTANT PHONE NUMBERS:

Office – 708-216-9183 Fax- 708-216-4834
Nursing Triage- 708-216-9183 Appointments-708-216-8563
24 Hours Answering Service – 708-216-8000 (Emergency)