

# David O. Volpi, M.D. FACS

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## PRE-OPERATIVE INSTRUCTIONS

PLEASE READ AND FOLLOW ALL THESE INSTRUCTIONS CAREFULLY

You will be schedule for a pre-operative appointment 3-5 days prior to your surgery date. This will allow you to go over your scheduled surgery with the doctor.

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.** On the morning of the surgery, nothing should be taken - NOT even water (with the exception of medications that have been instructed by your physician. For example, heart/seizure/high blood pressure medications should be taken with a sip of water at their usual time.

TEN DAYS PRIOR TO SURGERY, **NO ASPIRIN** or anti-inflammatory medications or similar drugs that may cause excessive bleeding such as: Motrin, Aleve, Dristan, Percodan, Excedrin, Alka-seltzer, Bufferin, Advil, Nuprin, Naprosyn, Anaprox, Walfon, Indocin, Florinal, Daypro, and Catalan. These aspirin related drugs should be avoided for 2 weeks prior to your surgery. **TYLENOL** (acetaminophen) is the ONLY acceptable over-the-counter pain or headache medicine. Discontinue Vitamin E capsule 2 weeks prior to surgery. Smoking causes poor wound healing, excessive scarring, and circulatory/respiratory complications. Cutting down does help, therefore, please, limit smoking, and if possible cease smoking.

**DO NOT** wear makeup or nail polish on the day of your surgery. Leave **ALL** jewelry and valuables at home.

2 weeks prior to your surgery you must make arrangements with your Primary Care Physicians for your pre-operative medical clearance; otherwise arrangements will be made for your pre-testing to be done at the hospital.

Please make sure your doctor **FAXES** over your pre-testing results to your surgical coordinator at **212-873-6169**. Results **MUST** be faxed to Maria or Luz no later than **3 days prior to your surgery date**.

**IF YOU HAVE HMO INSURANCE**, you must make sure to bring a valid REFERRAL that will cover pre/post-operative visits. (Please make sure there are at least "3" visits on the referral.)

**PLEASE CALL THE OFFICE THE DAY BEFORE THE SURGERY** (212.873.6036) between the hours of 12:00 PM-5:00 PM. You will then be given the time that you are expected at the hospital.

**ARRANGE FOR AN ESCORT**, for your safety, you must have a responsible adult accompany you after the surgery. You will **NOT** be permitted to leave the hospital until your escort has arrived.

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- **THE MANHATTAN EYE, EAR & THROAT HOSPITAL** - 210 East 64<sup>th</sup> Street (between 2<sup>nd</sup> & 3<sup>rd</sup> Avenues) 212-838-9200
  - **MIDTOWN SURGERY CENTER** - 305 East 47<sup>th</sup> Street (between 1<sup>st</sup> and 2<sup>nd</sup> Avenues) 212-751-2100
  - **LENOX HILL HOSPITAL** - 100 East 77<sup>th</sup> Street (between Lexington & Park Avenues) 212-434-2000
  - **SURGICARE** - 800 2<sup>nd</sup> Avenue (between 42<sup>nd</sup> & 43<sup>rd</sup> Street) 212-419-1016