

**ENT Physicians and Surgeons of Charleston**

**Robert E. Pollard, M.D.**

**1306 Kanawha Blvd, E.**

**Charleston, WV 25301**

**304-357-9049 ext: 27 /Fax 304-357-4412**

**SURGERY INSTRUCTIONS**

1. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT BEFORE SURGERY.
2. Please arrive at the hospital on the morning of surgery as specified by Mrs. Rawlings, Dr. Pollard's assistant. Mrs. Rawlings will call you the Thursday before your surgery and give you the time you are required to be at Charleston Surgical Hospital.
3. Leave any valuables at home. (No jewelry, earrings or other jewelry piercings please).
4. You will need to arrange for someone to take you home. If patient is a minor, a parent must accompany them on the day of surgery.
5. Bring all medications that you are taking with you the day of surgery.
6. No aspirin, Advil, Motrin ibuprofen, prescription or OTC fish oil or Alka Seltzer 7-10 days before and after the surgery. Stop **PLAVIX** or **PRADAXA**, **COUMADIN**, or **EFFIENT** or any other blood thinning medications, 5 days before surgery. OKAY to take Tylenol.
7. Stop any Diet medication, or Herbal supplements 15 days before surgery.
8. No smoking, no makeup the morning of surgery.
9. Stop Metformin or Glucophage.
10. If you need to cancel surgery or have any further questions, please contact me Rhonda Rawlings 304 357-9049 ext 26.