

**ALASKA EAR NOSE & THROAT**  
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**NAME:**

**Pre- OP Date:**

**Surgery Date:**

**Post- OP Date:**

**Location:**

**As a reminder, all patients scheduled for Non-Urgent/Non-Emergent procedures starting May 4, 2020, require a negative COVID-19 test result as per Gov. Dunleavy's COVID-19 Health Mandate 015. The COVID-19 test must be performed within 48 hours of procedure. Urgent and emergent procedures that cannot await test results will be allowed to continue, but every effort should be made to have the testing sample taken prior to the procedure.**

### **Instructions for THE DAY OF SURGERY**

- Arrive promptly at the time given to you by the pre-op nurse.
- Follow the instructions given to you about eating and drinking. This is important for your safety.
- Shower the morning of surgery — this will decrease the risk of infection.
- Wear low-heeled shoes and loose, comfortable clothing. Sleeves, legs and waistbands should be loose enough to fit over bandages.
- All jewelry and body piercing must be removed prior to surgery. Please leave valuables including jewelry at home or with a family member.
- Bring your driver's license or photo identification card and health insurance cards, as well as any co-pay and/or deductible to be paid at registration. Leave valuables at home or with your friends/family.
- It is required that someone else will drive you home. There are no exceptions, as you have received anesthesia or sedation. If you are using public transportation to return home, you must have a responsible adult escort. It is strongly advised that you not drive for the remainder of the day, and that someone stays with you overnight.
- Call your surgeon's office if you develop a cold, sore throat, fever or any other illness that occurs within 48 hours of your surgery.

### **FASTING BEFORE SURGERY:**

- Nothing to Eat or Drink (NPO) – fasting (8 hours prior to surgery). Surgery times are given by physician office staff.
- No gum, breath mints or chewing tobacco after midnight.
- It is OK to shower and brush your teeth.

**WHAT TO BRING:**

- Bring a photo ID, your insurance card
- Please do NOT wear makeup, creams or lotions.
- Leave ALL jewelry and valuables at home. We are not responsible for valuables.
- Wear loose fitting comfortable clothes.
- Bring a book, DVD or Ipod if desired, to pass the time in case of a procedural delay.