



MARYLAND ENT ASSOCIATES
EAR • NOSE • THROAT
FACIAL PLASTIC SURGERY

PRE-OP INSTRUCTIONS

Your procedure is scheduled for:

Date: _____ **Time:** *****TBD***** **Please arrive at:** *****TBD*****

*****TIME IS SUBJECT TO CHANGE – YOU MUST PLAN TO BE AVAILABLE ALL DAY!**

*****THE FACILITY WILL CONFIRM YOUR FINAL TIME (AND ARRIVAL TIME) DURING YOUR PRE-OP PHONE CALL!**

Your surgeon will be: Bianchi Driscoll Nottingham Hesham Patel Boston

Your procedure will be at: SurgCenter of Silver Spring, 8710 Cameron Street, Suite 100, Silver Spring, MD 20910

Procedure Codes(s) for use when calling insurance company: _____

WHAT YOU NEED TO DO IN THE NEXT FEW WEEKS

- Have a history and physical completed with your primary care physician within 30 days of your surgery date.
- Your surgeon will do a history and physical the morning of surgery.
- Complete the following diagnostic tests within 30 days prior to your surgery date. NONE REQUIRED.
 - CBC PT/PTT BMP CMP HCG within 7 days of surgery
 - CAL ALB TSH/T4 MAG LATEX RAST
 - CARDIAC CLEARANCE NEEDED EKG within 6 months of surgery CXR within 6 months of surgery

You may have these done at your primary care physician's office, a lab approved by your insurance or at a hospital. The test results must be faxed to the SurgCenter AT LEAST 24 hours before your surgery date.

FAX# 301-326-2952 AND 844-206-0785.

- DO NOT TAKE ANY MEDICATIONS CONTAINING ASPIRIN OR IBUPROFEN (ADVIL, MOTRIN OR SIMILAR PRODUCTS) WITHOUT YOUR SURGEON'S PERMISSION FOR TWO (2) WEEKS PRIOR TO YOUR SURGERY.
If you are taking aspirin for a heart condition please discuss this with your doctor.
- DO NOT TAKE VITAMIN E SUPPLEMENTS FOR TWO (2) WEEKS PRIOR TO SURGERY
- DO NOT TAKE ANY HERBAL SUPPLEMENT (including but not limited to) GINKGO BILOBA, GLUCOSAMINE or FISH OIL FOR TWO (2) WEEKS PRIOR TO YOUR SURGERY
- Weight loss medications must be stopped **AT LEAST 7 days** prior to anesthesia.
- It is OK to take TYLENOL and Daily MULTI VITAMIN

WHAT YOU NEED TO DO THE DAY OF YOUR SURGERY

- DO NOT EAT OR DRINK ANYTHING (INCLUDING WATER) AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY
- DO NOT drink alcohol or use tobacco products for at least 24 hours prior to surgery
- Bring your driver's license and insurance card to the facility on the day of surgery
- Bring a list of all medications and supplements you are currently taking or have taken in the past 30 days
- Your usual medications will be reviewed by a nurse during your pre-op phone call.
Diuretics, diabetes & weight loss medication may need to be adjusted for surgery.
Discuss these with your doctor and surgical facility nurse.
- If you use inhalers for asthma, emphysema or bronchitis BRING THEM WITH YOU
- Wear Glasses rather than contact lenses Wear comfortable, loose-fitting clothing
- DO NOT wear make-up, nail polish, or jewelry DO NOT bring any valuables with you
- You MUST have a responsible adult to take you home and help out the day of surgery
- Your caregiver must be able to remain at the surgery center during your procedure.
- Bring all X-RAY, MRI and/or CT scan films or disc WITH YOU THE DAY OF SURGERY

(see arrival/parking info for SCSS on back of this form!)



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HISTORY & PHYSICAL FORM

Name: _____

Chief Complaint: _____

History of Present Illness: _____

Past Medical History:

Allergies: _____

Medications: _____

Illnesses: _____

Surgeries: _____

Bleeding Disorders: _____

Social History: _____

Family History: _____

Review of Systems: _____

Physical Examination

HT: _____ WT: _____ T: _____ P: _____ R: _____ B/P: _____

NORMAL

- General: _____
- HEENT: _____
- Neck: _____
- Back & Thorax: _____
- Heart: _____
- Lungs: _____
- Abdomen: _____
- Extremities: _____
- Neurological/Mental Status: _____

Impression: _____

Plan: _____

Physician's Signature: _____ Date: _____



**8710 Cameron St, Suite 100
Silver Spring, MD 20910
Phone: 301-326-2921
Fax: 301-326-2952**

Parking Instructions

We are attached to the Cameron Apartments, located closer to Cameron Street. When you arrive, please turn into the apartment driveway and proceed into the parking garage. Once inside the garage, park in **any open visitor parking spot**. After parking, please come into the surgery center to check in. At that time, you will be able to register your vehicle. **To complete registration, you will need your license plate number.** We recommend taking a picture of your license plate before entering the center so you have it readily available. If you experience any difficulty, please call us and we will be happy to assist you.

Our Address:

8710 Cameron St. Suite 100
Silver Spring, MD 20910
Phone: 301-326-2921

Things to Know the Day of Your Surgery:

- If you are receiving anesthesia:
 - Do NOT eat or drink anything after midnight the night before your surgery
 - If your surgeon or primary care provider has instructed you to take any medications prior to surgery, you may take them with a small sip of water the morning of surgery
 - You WILL need a responsible adult driver to take you home after the surgery

- Please leave any valuables and jewelry (wedding rings, necklaces, bracelets) at home

Should you need assistance, please give us a call at 301-326-2921.