

Pre-operative Guidelines For Patients Who Will Be Undergoing Sinus Augmentation

The **night before** surgery (sometime shortly before going to bed):

- Take one prescribed antibiotic (i.e. Amoxicillin, E.E.S., Erythromycin)
- Use Afrin nasal spray one “puff” in each nostril
- Take one antihistamine (i.e. Benadryl, Sudafed)

The **morning of** surgery (**if you have a morning appointment**):

- Do not eat – you may take in clear liquids – up to 4 oz., but avoid caffeine
- Take one prescribed antibiotic (i.e. Amoxicillin, E.E.S., Metronidazole)
- Use Afrin nasal spray one “puff” in each nostril approximately one hour before your appointment
- Take one antihistamine 25 mg (i.e. Benadryl, Sudafed), approximately one hour before your appointment
- Take one ibuprofen or 2 Advil one hour before your appointment

If you have an **afternoon appointment**:

- You may eat a light breakfast – at least 6 hours prior to your appointment
- Take one antibiotic in the early morning and another, an hour prior to your appointment
- Do not eat for at least six hours before your appointment – only clear liquids – up to 4 oz., but avoid caffeine.
- Use Afrin nasal spray one “puff” in each nostril approximately one hour before your appointment
- Take one antihistamine (i.e. Benadryl, Sudafed) approximately one hour before your appointment
- Take one ibuprofen or 2 Advil approximately one hour before appointment

You will need someone to take you home – please have a telephone number at which we can call him or her. Do get a good night's rest before your appointment.

**If you have any questions after reading these guidelines,
please do not hesitate to call us for clarification at 972-333-6374.**