

# Surgery Center of Lancaster

## Ear, Nose and Throat (ENT) and Facial/Oculoplastic Presurgery Instructions

Please review these **IMPORTANT** reminders:

### General instructions

1. Bring your government-issued photo ID and health insurance cards.
2. For infants/young children: Breast milk must be stopped 4 hours before your arrival time at the Surgery Center. Formula must be stopped 6 hours before arrival.
3. For all other patients: **Do not eat or drink anything after midnight** the evening before your surgery, except as noted in the Medication Instructions.
4. You must have a responsible person 18 years or older who will take you home after surgery. This person **MUST** remain in the Surgery Center throughout your entire stay.
5. You will not be allowed to drive for at least 24 hours after your procedure. This is why you will need a responsible adult over the age of 18 to drive you home and stay with you for 24 hours.
6. Wear something loose and comfortable to go home in. Do not wear makeup or jewelry.
7. If you have any changes in your health, such as fever, cough, rash, cold, vomiting or diarrhea, let your surgeon know right away.

### Medication instructions

1. Please take only the medications approved by your doctor or anesthesia provider the morning of your surgery **with a small sip of water**.
2. **DO NOT take any diuretics/water pills** the morning of surgery.
3. **STOP all vitamins and herbal supplements** two weeks before your surgery.
4. If you use **inhalers for asthma**, please bring them with you.
5. If you take **blood thinners**, such as Coumadin, Eliquis, Lovenox, Plavix, Xarelto, etc., please follow your surgeon's instructions.
6. **If you are diabetic**, please **DO NOT take any oral diabetic medication** on the morning of your surgery. If you take **insulin**, follow the instructions of the doctor who manages your diabetes.



**PennState Health**

# Surgery Center of Lancaster

## Ear, Nose and Throat (ENT) and Facial/Oculoplastic Presurgery Instructions (cont'd)

**\*\*\*If you take any of the medications listed below for diabetes or weight loss, please follow the hold instructions below and check with the provider who prescribes them for additional directions.\*\*\***

### **Daily dose oral medications: Hold medication day of surgery**

- Adlyxin (lixisenatide)
- Byetta (exenatide)
- Rybelsus (semaglutide)
- Victoza (liraglutide)

### **Weekly dose injections: Hold injection 1 week before surgery**

- Bydureon (exenatide)
- Mounjaro (tirzepatide)
- Ozempic (semaglutide)
- Saxenda (liraglutide)
- Trulicity (dulaglutide)
- Wegovy (semaglutide)

### **Daily dose oral medications: Hold medication 3 days before surgery**

- Farxiga (dapagliflozin)
- Invokana (canagliflozin)
- Jardiance (empagliflozin)
- Steglatro (ertugliflozin)
- Synjardy (Jardiance + metformin)

### **Other reminders**

1. **DO NOT** smoke or drink alcohol 24 hours before surgery.
2. Please **DO NOT** use **medical or recreational marijuana 48 hours before your procedure.** These substances can cause you to have negative reactions to anesthesia and medications.

If you have questions about these instructions, please contact the pre-op desk at 717-431-2431.



**PennState Health**