

## SUMMIT ENT ASSOCIATES

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### Preoperative Instructions

After a patient is diagnosed and surgery is recommended, most insurance companies require “precertification” from the physician’s office before allowing a patient to undergo the procedure. It is our responsibility to ensure you are eligible. Our precertification department will contact your insurance carrier to obtain the necessary authorization.

**We strongly encourage contacting your insurance carrier to obtain information about your health care plan regarding costs and coverage’s of the upcoming surgery.** Health care plans can be confusing and differ in how much you have to pay out-of-pocket. The best way to avoid surprises regarding out-of-pocket expenses is to know your plan!

Some of our surgical procedures require a 50 percent surgical deposit. If a deposit is required, our billing department will contact you prior to the procedure and make arrangements for payment. If you have any questions regarding your account, please contact Donna, our account and finance manager.

Please refrain from taking any Aspirin one week before surgery. (i.e. Acetylsalicylic acid, and Motrin, or Ibuprofen). If your General Practitioner or Internal Medicine physician has prescribed any other blood thinning medication (i.e. Coumadin, Warfarin) it should be reduced also. **Do not reduce any prescribed blood thinners until first checking with your doctor.** Discontinue over-the-counter medications and herbal supplements prior to surgery.

Write down and list ALL the medications and their dosages you are currently taking. Bring the list of medications with you to your preoperative visit. On the morning of your surgery, take only the medicines you have been instructed to take by the preadmission nurse. Take the medications with a small sip of water. **Please do not eat or drink any food, candy or drink any liquids after midnight.** Doing so creates a risk of severe, life-threatening complications and may result in the cancellation of surgery.

Do not apply any lotions or moisturizers to your body or use makeup the morning of your surgery. If your procedure requires you to stay overnight, do not bring any medications to the hospital. If you should develop a cold or persistent cough the week before your surgical procedure, notify our office immediately so that appropriate treatment can be prescribed so as not to delay your surgery.

If you do not understand any portion of your pre-operative instructions, please feel free to contact either Bill or Christie for assistance. Thank you!