

Preparing for Surgery

Before Your Operation

Medications

Please inform Professor Tan of all medications you are taking at your pre-operative appointment. In general:

- Stop aspirin, ibuprofen, and other anti-inflammatory medications 10 days before surgery unless advised otherwise, as these increase the risk of bleeding
- Stop blood-thinning medications (e.g. warfarin, apixaban, clopidogrel) only if instructed to do so by the preassessment team, Professor Tan or your GP — do not stop these independently
- Stop vitamin E, fish oil, ginkgo biloba, and herbal supplements 7 days before surgery
- Continue all other regular medications unless specifically advised otherwise
- Paracetamol is safe to take before surgery if required for pain relief

Fasting

You must not eat or drink anything (including water) for 6 hours before your operation. You may take essential medications with a small sip of water up to 2 hours before your scheduled admission time. You will receive specific fasting instructions from the hospital — please follow these carefully.

Smoking

If you smoke, we strongly advise stopping for at least 2 weeks before and after surgery. Smoking impairs healing, increases the risk of complications, and reduces the long-term benefit of sinus surgery. Support with smoking cessation is available through your GP.

Arrangements for the Day

- You will need a responsible adult to collect you from hospital after your procedure and take you home — you will not be permitted to drive or travel alone
- You should arrange for someone to stay with you for the first night after surgery
- Plan for 1–2 weeks off work depending on the nature of your job — desk-based work is usually possible after 1 week, and more physical work after 2 weeks
- Arrange childcare if needed, as you should avoid lifting young children for 2 weeks

Nasal Rinse Kit

Please purchase a NeilMed Sinus Rinse kit (available from pharmacies) before your surgery. You will be asked to begin nasal rinsing from the day after your operation. Use distilled or freshly boiled water that has been allowed to cool, and always add a pre-mixed salt sachet from the kit. Do not use a neti pot.

On the Day of Surgery

- Do not apply moisturiser, makeup, nail varnish, or perfume
- Remove all jewellery, piercings, and contact lenses before coming to hospital
- Bring a list of your current medications
- Bring any pre-operative investigation results if these have been sent to you directly

Contact & Location

Private Patients

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NHS Patients

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