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Pre-Procedure Instructions for In Office Balloon Sinuplasty

1. Arrive 10 minutes prior to your procedure unless otherwise instructed.
2. **STOP ALL BLOOD-THINNING MEDICATIONS** such as Coumadin, Warfarin, Lovenox, Heparin, Plavix, Pradaxa, Xarelto, etc. – **use only as directed by your doctor.**
3. **STOP ALL ASPIRIN and ASPIRIN** containing products 7 days prior to procedure.
4. **STOP ALL ANTI-INFLAMMATORY MEDICATIONS** such as Advil, Motrin, Ibuprofen, Aleve, Celebrex, Toradol, Naprosyn, etc. 7 days prior to procedure.
5. **STOP HERBAL BLOOD THINNERS** such as fish oil, Vit E, garlic, ginko, and ginseng 7 days prior to procedure.
6. There are no restrictions on eating and drinking. We encourage you to have a light breakfast or lunch prior to beginning pre-procedure medication.
7. Please bring all pre procedure medications that were prescribed with you the day of the appointment. You may need to take these medications while in our office.
8. You should take _____ pain pill(s) (ie Percocet or Vicodin) and _____ Valium pill(s) **ONE HOUR** prior to leaving home for your scheduled procedure
9. You must have a friend or family member drive you to your procedure. You will also need them to drive you home after the procedure is finished. You may take a taxi or public transit the day of your procedure if you are accompanied by a responsible adult.
10. Please contact our office (301-774-0074) if you have any questions regarding any of the above.

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