

VIJAY K. ANAND, M.D., F.A.C.S
772 PARK AVENUE, NEW YORK, N.Y. 10021
TEL: 212-452-3005, FAX: 212-452-3660

INSTRUCTIONS PRIOR TO SURGERY

Please follow the instructions below so you will be in optimum condition for surgery. If these instructions are not followed it is possible that your surgery may not be performed. If you have any questions about the instructions below, please don't hesitate to call Katie Erdman or Amy Miller at 212-452-3005 or e-mail us at acmiller5000@verizon.net.

- You **CANNOT** take any Aspirin, Motrin, Advil, Alleve or any other pain medication other than Tylenol or Tylenol with Codeine for a full **two** weeks prior to surgery.
- You **CANNOT** take any herbal/holistic medications such as Vitamin E, Ginko Biloba, St. John's Wort, Echinacea, Ginseng, garlic pills and others for a full 2 weeks prior to surgery.
- You **CANNOT** eat or drink ANYTHING after 12am (midnight) the night before surgery.
- **If instructed either:**
Start the antibiotic **3 days prior** to surgery and continue until your first post-operative visit.

Start the antibiotic **1 day prior** to surgery and continue until your first post-operative visit.

PLEASE NOTE :

- Pre-surgical testing must be done at least 10 days prior to the surgery date. **New York Hospital requires all pre-surgical testing the Friday PRIOR to your scheduled procedure date.**
- You may be asked to see your internist, PCP, family practitioner, or pediatrician for a medical evaluation pre-operatively (pre-surgical testing). If you do not have a doctor or you are from out of the area, one will be recommended to you.
- All pre-surgical testing and forms performed outside our office must be completed and faxed to Dr. Anand's office within the required time frame, Attn:Katie or Amy, 212-452-3660
- Chest x-rays **MUST** have a written interpretation or a doctor's prescription that the xray was normal .
- If you possess a headset (VTI) for your image-guided sinus surgery, it is your responsibility to bring the VTI to the hospital the day of your surgery. This applies only to patients who are having image-guided surgery that requires the VTI. We usually send the VTI's with Dr. Anand.
- Please call the hospital **the day before** your surgery between the hours of **4pm and 7pm** to find out what time you need to report to the hospital, 212-746-5111.
- Please make sure you have a responsible adult to accompany you home from the hospital after your surgical procedure. You will not be discharged without a companion.
- **DIRECTIONS TO NEW YORK HOSPITAL/CORNELL MEDICAL CENTER:**
- 525 East 68th Street at York Avenue, New York, NY 10021. Tel# 212-746-5111.
- On the day of your surgery please report to the L-9 Cantor Ambulatory Center at the time designated by the hospital. Take the C.V. Starr Pavillion elevators to the 9th floor, make a left, then keep right until you arrive at the Cantor Ambulatory Center (Room L919). If payment is to be made to the hospital, proceed to the Admitting Office before going to L-9.

THANK YOU

If you have any questions, please feel free to call or e-mail us.
Katie Erdman, Surgical Coordinator / Amy Miller, Office Manager

