

Nasal Surgery: Preparing for Surgery

Nasal surgery may be done at your doctor's office, a surgery center, or a hospital. You will be told how to prepare for surgery. Follow these directions carefully. And be sure you have your questions answered before the procedure.

Before surgery

Follow all of the instructions you are given. In addition:

- Tell your doctor about any medications you take. This includes over-the-counter medications, herbs, and supplements. You may need to stop taking some or all of them before surgery.
- Do not take medications containing aspirin or ibuprofen during the 14 days before surgery.
- Don't drink or eat for 8 hours before surgery.
- Don't wear makeup, jewelry, or contact lenses to surgery.
- Arrange for an adult family member or friend to drive you home after surgery.

Be aware that you may spend the night in the hospital. This is uncommon. Your doctor can discuss this possibility with you.

Anesthesia

You will be given medication to keep you from feeling pain during surgery. This is called anesthesia. The type you will have will be discussed with you before the procedure. You may have one of three types.

- **Local anesthesia.** This numbs the nose and area around it. You may also be given a drug to relax you. But you will remain awake. Expect to hear noises and see movement during the surgery.
- **Monitored anesthesia care.** This makes you drowsy or lightly asleep during surgery. You can still expect to hear some sounds.
- **General anesthesia.** This puts you into a state like deep sleep during surgery. You will hear and remember nothing.