

INFORMATION FOR YOU FROM YOUR HEALTHCARE TEAM
North Florida Sinus Center, Inc.
Otolaryngology Head and Neck Surgery (Ear, Nose & Throat)

*******IMPORTANT INSTRUCTIONS PRIOR TO YOUR SURGERY*******

****ABSOLUTELY NO SMOKING STARTING 2 WEEKS BEFORE SURGERY – TO 4 WEEKS AFTER SURGERY****
SMOKING CAN SEVERELY COMPROMISE HEALING & PAIN AFTER SURGERY

Most important things to know prior to surgery (*failure to follow these may result in cancellation of surgery*):

Stop 3 days prior to surgery:

- **Aspirin, ibuprofen, Motrin, Bayer, Excedrin, Goody's Headache powder, Naproxen, Aleve.** Also avoid over-the-counter herbal, flu and cold medications.
- **Plavix (clopidogrel), Coumadin (warfarin), Eliquis (apixaban), Xarelto (rivaroxaban), Lovenox (enoxaparin), Persantine (dipyridamole), etc.** (Tylenol (acetaminophen) may be taken for headache, pain and/or fever before surgery.)

Stop 7 days prior to surgery: GLP-1 medications: hold **Ozempic®, Mounjaro®, or Wegovy®**

Stop 4 days prior to surgery: **Jardiance®** 4 days prior to surgery.

The Night before surgery: Do not eat or drink anything after midnight on the night before, including water. This includes a pumpkin spiced latte!

The morning of surgery:

- May take medication previously verified by your surgeon, primary care, or your anesthesiologist (no diabetes medications; you may take your blood pressure medication(s) with a sip of water)
- Avoid using any nasal spray medications, both over the counter & prescription.
- Wash face & neck and shampoo hair. Remove all nail polish
- Remove hairpins, adornments and all metallic objects from hair, and all earrings, tongue rings, or any valuable and leave at home
- Remove all contact lenses, prosthetic devices and/or dentures (leave them with a family member or friend)
- If surgery is scheduled as an Outpatient (you are to go home the same day) make arrangements for someone to pick you up and remain with you for at least 24 hours after surgery.
- **You must be accompanied by a friend or family member when you arrive at the hospital for surgery.**
- Medications given during or after surgery may alter your judgment. Therefore, avoid performing complex tasks, operating a motor vehicle or machinery for at least 24 hours after surgery or until you have medical clearance from your surgeon

**** Please contact us if you are having any problems or have any questions prior to your surgery: 904-595-7475**

***** If you are unable to make it to your surgery, please notify us immediately*****

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Supplements and Vitamins That May Affect Blood Coagulation: Preoperative Advisory

The following list outlines substances that should typically be discontinued at least 7–10 days before surgery, unless otherwise directed by a physician.

Vitamins That May Affect Coagulation

- Vitamin E – Inhibits platelet aggregation; high doses (>400 IU/day) are particularly concerning.
- Vitamin A – Excessive intake can impair liver function, reducing clotting factor production.
- Vitamin D – Can influence calcium metabolism and coagulation indirectly.
- Vitamin C – Mega-doses (>2g/day) may inhibit platelet function.

Herbal Supplements with Antiplatelet/Anticoagulant Effects

- Ginkgo biloba – Antiplatelet effect.
- Garlic – Especially in raw or concentrated form (allicin component).
- Ginger – Mild effect; relevant at high doses.
- Ginseng – Inhibits platelet aggregation.
- Turmeric (Curcumin) – Antiplatelet and anti-inflammatory.
- Feverfew – Inhibits platelet activity.
- Dong quai (Angelica) – Contains coumarin derivatives.
- Willow bark – Contains salicylates (aspirin-like effect).
- Clove oil – Contains eugenol, which inhibits platelet aggregation.

Other Supplements of Concern

- Fish oil (Omega-3 fatty acids) – Dose-dependent platelet inhibition.
- Flaxseed oil – Similar to fish oil in effect.
- Krill oil – Contains omega-3 fatty acids.
- Evening primrose oil – Exhibits antiplatelet properties.
- Coenzyme Q10 – Structurally like Vitamin K; may interfere with INR.
- Bromelain – A fibrinolytic enzyme with antiplatelet effects.
- Nattokinase – Enzyme from fermented soy; promotes fibrinolysis.
- Menadione and other synthetic Vitamin K antagonists – Can affect clotting unpredictably.
- If you take a blood thinner like warfarin, stop supplements like chondroitin or glucosamine

Patient Instructions

- Discontinue all listed substances 7–10 days before surgery or as directed by your healthcare provider.
- Inform your surgical team and anesthesia provider of all vitamins, supplements, and herbal products you are taking.
- Bring a complete list of all medications and supplements to your preoperative visit.