

Two Weeks Prior To Your Surgery

- Discontinue all medications which may cause clotting:
 1. Aspirin products.
 2. Non-steroidal anti-inflammatory drugs (such as ibuprofen and naproxen)
 3. Cold, flu, allergy, sinus, arthritis, pre-menstrual and all other over-the-counter medications that contain aspirin.
 4. Any prescription pain medications that contain aspirin.
- Discontinue all herbal supplements and herbal teas - such as:
 1. Ginseng, Echinacea and any other herbal supplements.
 2. High dose of Vitamin E.
 3. Omega 3 fish oil/Garlic/Ginger.
- Inform Mr East of any prescription medications you are taking (if any).
- Avoid all forms of nicotine.
- Avoid sun exposure.
- Avoid excessive alcohol consumption.
- Get plenty of sleep.
- Eat a well-balanced diet.
- Discontinue nasal skin exfoliation, such as facial scrubs, Retin-A, microdermabrasion and acid peels.

Our practice nurse will call you in advance to your surgery date, for a pre-surgical assessment.

The London Clinic Hospital will contact you directly in advance regarding the payment of their fees.

The Night before Your Surgery

We recommend you use Octenisan wash for pre surgery cleansing - no make-up, wash your nose and face thoroughly – click [here](#) to purchase the advised product.

On The Morning Of Your Surgery

- Absolutely **NO** eating or drinking at least 8 hours prior to your surgery.
- Take only essential items to the hospital - do not bring any unnecessary jewellery or any other valuables.
- Remove contact lenses - wear eyeglasses if necessary but will need to

- be removed prior to your admission.
- Wash your face using Octenisan wash (as also advised to use the night before your surgery).
 - Shampoo your hair - hair must be tied up prior to admission.
 - Wear flat shoes and loose-fitting, comfortable clothing - avoid any clothing that must be pulled over your head (do not bring expensive clothing, as it may get stained with ointment or fluids).
 - Do not wear makeup/remove nail varnish.
 - Remove all nail varnish.

Should you have any queries about your admission, please do not hesitate to contact us.