

## **One Week 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.