

# ENT Institute of NJ

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## **PRE-OPERATIVE INSTRUCTIONS**

### **HOLY NAME MEDICAL CENTER**

**Hospital Address: 718 Teaneck Road Teaneck, NJ 07666**

**Phone: (201) 833-3000 use option 3 for surgery questions**

**Phone (201) 833-7000 option 4 for pre-op testing**

- Your surgery will be scheduled at Holy Name Medical Center. Our office will contact you within one week to confirm your surgery date, but surgery time will be confirmed closer to your surgery date. *Once scheduled, there is a \$100 fee to cancel/reschedule your surgery for a non-medical reason.*
- Surgery times are sequenced by the hospital a day or two before surgery in age-order with our youngest patients scheduled earliest. You will receive a call from our office the day before surgery with your hospital arrival time.
- Within two (2) weeks of your scheduled surgery date, Holy Name Medical Center will contact you to schedule any necessary pre-operative testing. *COVID, Flu and respiratory panel testing is required for all Tonsillectomy/Adenoidectomy patients. For all other procedures, if experiencing COVID/respiratory issues or flu symptoms within 10 days of surgery, please call Holy Name Medical Center at **201-833-7000 option 3 to discuss pre-op testing.***
- On the day of surgery, the patient may not have any food **after midnight** before surgery. Adults may not have any liquids or food for **seven (7) hours** before scheduled surgery time. **Children age 12 and under may only have water, apple juice or light tea until four (4) hours** before scheduled surgery time and after that, they may have nothing at all to eat and drink. *Surgery will be canceled for patients who have not adhered to this strict protocol.*
- Patient must discontinue Aspirin, Motrin or Advil one week before surgery
- Patients who present with any illness or infection within 3-4 days of surgery must be seen by the PCP to obtain clearance for surgery. *Surgery will be canceled for patients who are ill on the date of surgery*

