



## NASHVILLE EAR, NOSE & THROAT CLINIC

STEPHEN A. MITCHELL, M.D., F.A.C.S

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MATTHEW SPEYER, M.D., P.C.

### INFORMATION CONCERNING **YOUR UPCOMING SURGERY**

Nashville Ear, Nose & Throat takes pride in offering you the best services possible. In order to get your surgery scheduled and inconvenience you the least, we have asked that you take a packet and become familiar with the surgery in which you will have performed. **PLEASE GIVE THE SURGERY SCHEDULERS FOUR to FIVE WORKING DAYS TO CALL YOU TO SCHEDULE THE SURGERY.** If there are any questions that you have that the Dr., packet or a film has not answered for you, feel free to contact our office.

In the process of getting your surgery scheduled, our scheduling department will be getting pre-certification (or approval) from your insurance company for you to have the surgery or procedure done. **If you anticipate your insurance coverage changing in any way prior to your surgery it is very important for you to let the surgery scheduler know in advance.** It is also your responsibility to know what your benefits are and which facilities are in-network. We will try our best to find out benefits but it is ultimately your responsibility to know all of your insurance benefits. Inaccurate insurance information could result in an invalid pre-certification and possibly delay your surgery. This pre-certification in no way guarantees payment for this surgery. It is your responsibility as the patient and member of the insurance company to know if they will pay for your surgery. We can only give estimated amounts that might be owed by you. We request that your portion of the balance be paid within 30 days of the surgery. **You will receive a bill from the physician and will also receive bills from any other services that are rendered such as the facility, anesthesia, pathology, lab, DME, ect.**

Finally there are several steps in which we follow in order to get your surgery scheduled. Please be certain of the time and day you are available for surgery so we can be as efficient as possible. **Due to the volume and availability of surgical appointments, please know that if you call and cancel this affects other patients and the physician. Should you need to cancel, our policy requires you call and cancel at least one week prior to surgery or you could be subject to a cancellation fee.** If you should have a medical emergency after hours please call 615-386-9089 to reach the physician on-call. Please call our office during normal business hours if you have questions

#### TO SCHEDULE YOUR SURGERY

FOR DOCTORS SCHWABER, ENRICH, MITCHELL AND SPEYER

Please call Brandy Sims @ 615-386-0298

Comprehensive ENT · Pediatric ENT · Otolaryngology · Neurotology · Snoring & Sleep Disorders  
Rhinology · Skull Base Surgery · Audiovestibular Testing · Hearing Aids · Tinnitus Management  
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### PATIENT PREOPERATIVE INSTRUCTIONS

1. If you develop any symptoms of a fever, cold or sore throat before your surgery please notify your physician or the nurse. If you have a medical emergency, please call (615) 386-9089.
2. Eat a light meal the evening before your surgery. No greasy or spicy foods.  
  
Do not eat or drink anything after 12:00 midnight the night before your surgery ( even water, candy, chewing gum, coffee, or tea). Your surgery may be canceled if you do so.
3. Surgical Scrub should be done, if possible, both the evening before and the morning of surgery on all areas of intact skin. Surgical scrub may be done in the shower, with antibacterial soap. Scrub face, neck and ear in circular motion with a saturated wash cloth, beginning at the center of the anticipated incision site and proceeding outward; rinse and repeat. If you are having any type of fat graft, please scrub this area also. (Your doctor will tell you during your surgical consult visit if you are having a fat graft.) Pat dry with a clean towel. Do not apply lotion, powder or any other skin care products to the skin.
4. Avoid alcohol for 24 hours prior to surgery.
5. Take no medication unless so instructed. Do not ingest aspirin or non steroidal and inflammatory for two weeks before your surgery. This includes the following: Advil, Ibuprofen, Motrin, Aleve or Orodus. You may take Tylenol for pain. If you are currently taking any type of "Herbal remedies" or vitamin supplements, these must be stopped at least 10 days before your surgery date. Your surgery will be postponed if any of these medications have been taken. If you are unsure about any medications you take routinely, please call (615) 386-9089 and ask for the nurse.
6. For all out-patient surgeries you will be required to remain in the recovery room for a minimum of 1-3 hours after your surgery. For all patients that will be staying 23 hours bring a small overnight bag. If you will be under anesthesia, **you will be required to have someone drive you home after surgery.**
7. All minors under the age of 18 must have the legal guardian with them on the day of surgery. They must be able to sign all required paperwork at the hospital.

St. Thomas Office  
Medical Plaza East, Suite 400  
4230 Harding Road  
Nashville, TN 37205  
(615) 386-9089 . Fax (615) 386-2197

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**Medication generally to be avoided 7 to 10 days prior to Surgery:**

Advil	Gemnisyn
Alka-Seltzer	Ginger
Alka-Seltzer plus	Ginko Biloba
Aleve	Goody's Headache Powders
Anacin (various form)	IBUPRFEN ( many trade names )
Anaprox	Indocin
APC tabs	Lodine
APC with codiene	Measurin Midol
Arthritis Formula (various brands)	Momentum Muscular Backache Formula
Ascodeen -30	Monacet with Codeine
Ascriptin	Mono-Gesic
Aspergum	Motrin
ASPRIN/ ACETOSALISULIC ACID – many forms, many brands, coated, uncoated	Nalfon
buffered, time-released, liquid, solid, ect.	Naprelan
Asprin Suppositories	Naprosyn
Bayer Children's Coated Tablets	NAPROXEN ( many trades )
BC Powders	Norgesic / Norgesic Forte
Buff a Comp Tablets	Orudis
Buffadyne	Oruvail
Bufferin ( lots of forms )	Pabirin
Butabital ( many brands )	Panalgesic
Cama Inlay Tablets	Persisten
Cataflam	Plavix
Celebrex	Quiet World Analgesic / Sleep Aid
Cetased Improved	Robaxisal
Cheracol caps	Sasalate
Chinese herbals ( many contains NSAID's )	Sine-Aid
Clinoril	Sin-Off
Congespirin	SK-65 Compound
Cope	St.John's Wort
Coricidin ( many forms )	Stendin
Darvon with Aspirin	Stero-Darvon with Aspirin
Darvon-N with Aspirin	SULINDAC ( SEVERAL TRADE NAMES )
Disalcid	Supac
Dolobid	Synalgos
Dristan ( several forms )	Tolectin
Duragesic	Toradol
Ecotrin	Triaminilin
Empirin	Trilasate
Empirin with Codeine	Verin
Emprazil	Vioxx
Equagesic	Viromed
Excedrin	Vitamin E
Florinal ( with and without codeine )	Voltaren
Four-way Cold Tabs	Zorprin
Garlic	

