



DR. OMID TERMECHI
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PRE-SURGERY INSTRUCTIONS

Please read over these instructions. If you have any questions, please contact our office. We will be glad to answer any questions that you may have.

1. If you wish, you may eat a light meal prior to surgery.
2. Wear comfortable, loose fitting clothing.
3. Please remove the following jewelry: earrings, necklaces, bracelets.
4. Please write down any questions that you may have.
5. Prepare ice packs to be used at home after the surgery.
6. Prepare and purchase soft foods to eat after the surgery

You will be instructed to eat soft foods as follows:

- After your surgery:
Do **NOT** eat hot foods or drink hot liquids for the rest of the day.
 - 1st thru 3rd days:
You may eat **VERY SOFT** foods. For example: applesauce, cottage cheese, yogurt, soups, bananas, mashed potatoes, jell-O, oatmeal, baby food, rice, soft pasta, pudding, ice cream.
 - 4th day thru end of 2nd week:
You may eat **SOFT** foods. For example: tuna, eggs, noodles.
7. Fill and pick up your prescriptions before the day of surgery so that your medications will be ready for you. Please check your antibiotic prescription to see if you need to take any antibiotic pills **PRIOR** to your surgery.
 8. If you take aspirin on a daily basis, you **MAY** be asked to discontinue doing so a few days **BEFORE** your surgery. If we have not discussed stopping your aspirin as of yet, please call our office upon receipt of these instructions.
 9. Place a towel on top of your pillow for the first two to three days after your surgery, in order to protect your linen.
 10. If you are having a sinus bone graft, please do not plan on flying for 2 weeks after the surgery.
 11. Please note that **we require a 72 hour advance notice of cancellation** of this surgical appointment. Any appointment cancelled less than 72 hours in advance will be **subject to a non-refundable fee of \$500.**

IN CASE OF EMERGENCY, CALL OUR OFFICE AT **516.565.3435**