**Surgery Date: 5/15/2020 Surgeon: Dr: ORESTES**

**Post-op Date: Pre-op Date:**

**APU appointment:**

**Surgical Scheduling** - If there is no surgery date listed above, please call the ENT surgical scheduling office at 301-295-4664 options 1, 3, 2.

For Dr. Jackson, Dr. Goodrich, Dr. Orestes, Dr. Tolisano, Dr. Liu and Dr. Gallagher please contact HN Wall at brittany.f.wall.mil@mail.mil.

For Dr. Hong please contact Mr. Malley at joseph.e.malley.civ@mail.mil

For Dr. Maturo please contact Ms. Ngoo at [sillo.ngoo.civ@mail.mil](mailto:sillo.ngoo.civ@mail.mil)

**Pre-op** **Appointment** - If you were given a preoperative date, please pick up a folder from the ENT clinic front desk on the day of your appointment. Fill this out completely and turn it into the ENT clinic front desk or ENT scheduler.

If your surgeon asked you to get an EKG, x-ray, or labs, please follow the instructions on the packet. Most patients will not need this.

If you have an APU appointment scheduled you should report to:

Building 9 (Arrow Head Building) on the 3rd floor at Walter Reed National Military Medical Center

Oak Pavilion 2nd floor at Fort Belvoir

**Medications -** Each surgeon has different requirements before surgery. You should stop the following herbal medications before surgery Ginko Biloba, garlic, fish oil, ginger, and vitamin E supplements. If you take aspirin this should be stopped unless it is to prevent issues due to a heart attack. If you take it for specific heart-related issues, please discuss this with your surgeon before stopping.

**If you take any of the following: Apixaban (Eliquis), Dabigatran (Pradaxa), Edoxaban (Savaysa), Fondaparinux (Arixtra), Heparin (Fragmin, Innohep, and Lovenox), Rivaroxaban (Xarelto), Warfarin (Coumadin, Jantoven**) **these need to be stopped before surgery. If your surgeon has not discussed this with you or you have questions please contact your assigned scheduler above.**

**Valuables** - Do not bring any valuables to the hospital, including rings, jewelry, and watches.

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** **before surgery or your surgery will be canceled.**See more detailed instructions in the NCR Preoperative packet.

**DO NOT DRIVE** – You will not be permitted to drive yourself home after surgery. You must have someone 18yrs or older to drive you home. You also must have someone with you for the first 24 hours after surgery.

**DO NOT TRAVEL AFTER SURGERY -You MUST remain in the Washington DC metro area for 10 days** after surgery unless approved by your surgeon.

**Convalescent Leave (Active Duty Only) -**Convalescent Leave is not regular leave, it must be approved by your command. You must remain in the Washington DC metro area unless approved by your surgeon.

This form represents your convalescent leave recommendations. You must take a copy to your command. Your official convalescent leave paperwork will be given to you with your discharge paperwork.

**Your Doctor recommends that this service member be authorized approx. 7 to 10 days of convalescent leave, to commence on the day of surgery.**

**Official paperwork will be given to you the day you are discharged from the hospital and is attached to your hospital paperwork.**

If you have any questions, please call 301-295-4664 options 1, 3, 2, and leave a message with your name, sponsors last four of the SSN, your phone number, and surgery date.