



**OFFICE POLYPECTOMY
PRE AND POST PROCEDURE INSTRUCTIONS**

- Do **NOT** take any blood thinning medications such as aspirin, ibuprofen, NSAIDS or prescription blood thinning medications (Coumadin, etc) for 10 days prior to your procedure. Tylenol is safe.
- Purchase a small bottle of Otrivin or Dristan and start spraying each nostril every 15 minutes one hour before your appointment.
- You may eat a light meal in the morning and only liquids for the rest of the day prior to the procedure.
- If you have asthma, please take your inhalers just before leaving the house on the day of the procedure.
- Some bleeding will follow the procedure and this is not uncommon. It can continue on and off for the week following your appointment. If you have excessive bleeding that does not stop within five minutes please call our office or go to the emergency room of your nearest hospital.
- Return home accompanied – **do NOT drive a car.**
- Start nasal saline rinses two to three times per day after you get home.
- Be sure to make a follow up appointment approximately 14 days after your procedure for a post-procedure check up.
- Ensure you contact the office if you develop a cold within one week of your procedure.