



Ronald A. Krueger, MD, FAACS

Polypectomy: *Patient Instructions*

Date:	Time:	Location:
-------	-------	-----------

Before Procedure:

- *Fill all prescriptions given to you today.
- *Avoid over-the-counter non-steroidal anti-inflammatory medications and some supplements for one week prior to surgery and two weeks after. Examples of these medications are Aleve (naproxen), Motrin (ibuprofen), or aspirin. It is ok to take Tylenol if needed.

After Procedure:

- *Start Medrol dose pack per pack instructions and Afrin two days prior to procedure. Make sure you finish the rest of the tablets in the Medrol dose pack.
- *You may put ice pack on your cheeks to reduce any discomfort.
- *Slight bleeding is normal after a polypectomy, this can last up to 10 days.
- *Start nasal irrigation three times a day until we see you at your post op. It is important to keep the nose moist in the healing process and it will help with some of the crusting that can occur.
- *You should have very minimal pain/discomfort. If you experience any pain/discomfort, over the counter Tylenol may be taken to help.
- *Avoid strenuous activity, lifting or bending for 2 weeks after procedure.
- *Call our office if you have a fever over 101F, excessive bleeding, eye swelling, visual difficulty a sharp increase in pain or pain that is not relieved with medication.

Call 425-341-4305 day or night with questions.

***Post-Op Visit #1:** _____ ***Post-Op Visit #2:** _____

Medications:

Antibiotic:

Pain: