



Division of Pediatric Otolaryngology
Scott M. Rickert MD, Acting Director
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Pediatric Otolaryngology (ENT) Pre-operative Packet

To prepare you for your upcoming surgery in Pediatric Otolaryngology (ENT) at NYU Langone Medical Center, we have enclosed a packet of materials for your information.

These materials include:

- Medical Clearance Form for your pediatrician
- General Pre-operative instructions
- Map of NYU Langone Medical Center / Tisch Hospital
- Information about your child's condition/surgery
- Post-operative instructions for your child's surgery

We know that the surgical process can be a confusing one. We hope that this will keep you well informed and answer all your basic questions about having surgery at NYU Langone Medical Center.

If you have any questions after reading this packet, please feel free to contact you. And if there is anything that we can do to help make your experience a better one, please let us know.

We look forward to taking exceptional care of you and your family.

Scott M. Rickert MD
Acting Director of Pediatric Otolaryngology
Director, Pediatric Voice Center and Aerodigestive Center
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Pediatric Otolaryngology (ENT) Medical Clearance Form

Dear Pediatrician,

Your patient, _____ is coming for surgery with Pediatric Otolaryngology at NYU Langone Medical Center.

They are going to undergo _____ for a planned date of _____.

If you can provide a history and physical for OR clearance it would be most appreciated. Bloodwork (CBC, Chemistry, PT/PTT) may be needed in certain cases (complex patients or complex surgeries). If you have questions, please contact us.

In order to expedite, you can fax the history and physical directly to our office at 646-501-5298.

Please let us know if you have any questions or concerns whatsoever.
We appreciate you allowing us to help care for your patients.

Thank you very much,

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Pediatric Otolaryngology (ENT) General Pre-operative Instructions

If you have any questions or concerns regarding your surgery or any of the pre-operative instructions, please call our office.

- **General Information**

All Pediatric Otolaryngology (ENT) surgery is performed in Tisch Hospital at the NYU Langone Medical Center. A map of the medical center is included in this packet. The Day Surgery Operating Rooms are located on the 10th floor of Tisch Hospital and are easily accessed by the Tisch elevators.

- **Surgery Confirmation and Arrival the Day of Surgery**

Friday prior to the date of your surgery, our team will contact you to confirm the date.

You should arrive at the hospital **1 ½ -2 hours prior** to your scheduled surgery time. This will allow time to fill out paperwork and get checked in by the OR staff. After surgery or prior to hospital discharge, your doctor will tell you when you need to return to the office for follow-up. You will need to call the next day to schedule this follow-up appointment.

- **Medical Clearance**

A Medical Clearance form is attached to this packet. Please ensure that your pediatrician completes a clearance form within 30 days of the planned surgical date. If it is not completed within this time frame, the surgery may be delayed or even rescheduled.

- **Labs**

If labs are ordered, they should be completed within 30 days prior to the date of surgery. If they are not completed within this time frame, the surgery may be delayed or even rescheduled.

- **Diet**

See separate sheet for pre-op diet instructions

- **Medications**

If you routinely take prescription medications, you may take them up to 4 hours prior to your arrival time unless you have been directed otherwise by your surgeon or anesthesiologist. Please do not take any aspirin/ibuprofen products (Advil, Motrin, Aleve, Goody powders, etc.) 2 weeks prior to your surgery date.

- **Discharge after surgery**

After surgery, all patients are watched for at least 2 hours to make sure that they recover well from anesthesia and surgery. Please bring a bottle or sippy cup for infants or small children for use after surgery. Once they have determined to be doing well, discharge to home will be expedited. A parent or legal guardian must accompany any minor home after surgery.

- **Illness and Cancellations**

If you become ill (fever, cold, sore throat, etc.), please contact our office as soon as possible to discuss your symptoms, as surgery may or may not need to be postponed. If you need to cancel surgery, please try to call 72 hours in advance if at all possible.



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PEDIATRIC NPO GUIDELINES:

THE DIVISION OF PEDIATRIC ANESTHESIOLOGY HAS DEVELOPED THE FOLLOWING **UNIFORM GUIDELINES** REGARDING PREOPERATIVE FASTING AND REQUIRED CONSULTATION BEFORE SURGERY:

Preoperative fasting guidelines for children of all ages:

No solid food after midnight

Whole milk: **8 hrs** before scheduled arrival at the hospital

Formula: **6 hrs** before scheduled arrival at the hospital

Breast milk: **4 hours** before scheduled arrival at the hospital

Clear liquids: **2 hours** before scheduled arrival at the hospital

THE FOLLOWING POINTS WILL HELP TO ANSWER QUESTIONS ABOUT THESE GUIDELINES.

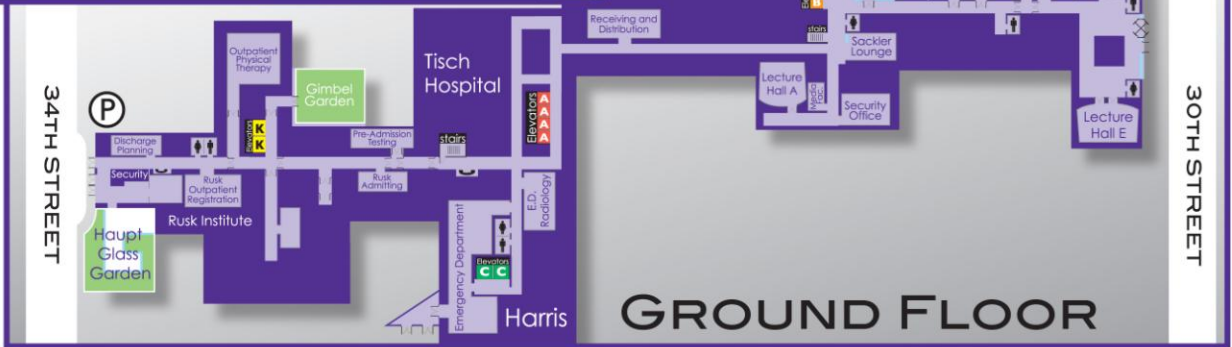
- WE RECOMMEND OFFERING LIQUIDS TO ALL CHILDREN, REGARDLESS OF AGE, ACCORDING TO THE ABOVE SCHEDULE, TO MINIMIZE DEHYDRATION AND MAXIMIZE COMFORT.
- FORMULA INCLUDES ALL MILK OR SOY-BASED PREPARATIONS.
- 'CLEAR LIQUIDS' INCLUDES WATER, PEDIALYTE AND APPLE JUICE **ONLY**.
- JELLO CONTAINS PROTEINS THAT DO NOT EMPTY RAPIDLY FROM THE STOMACH AND COUNT AS FORMULA.

MAIN FLOOR



A Tisch Hospital	D Skirball Institute	H Schwartz East
B School of Medicine	F Tower	K Rusk Institute
C Harris	G Schwartz West	S Smilow

550 First Avenue
New York, NY 10016



GROUND FLOOR