



M I D W E S T  
Ear Institute

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(317) 842-4901 or toll free (800) 818-3277 (EARS)  
Fax (317) 842-4393

**\*\*Please have these instructions and a list of your medications available when we call to give you your surgery date and time.\*\***  
**\*\* If you have a specialist for any medical conditions (cardiologist, pulmonologist, etc.) we must have their name and phone number in order to receive medical clearance prior to scheduling your surgery. Please call the office with this information as soon as possible in order to not delay your surgery.**

Please report to \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_  
Facility Date Time

***Surgical Facilities:***

**CSCH: Community Surgery Center Hamilton (621-3500), 9700 E 146th St, Noblesville**

**SVHI: St. Vincent Hospital, Indianapolis (338-2345), 2001 West 86th St, Indianapolis**

**NRSC: Naab Road Surgery Center (802-3700), 8260 Naab Road, Ste. 100, Indianapolis-**

Note: Dr. Ostrowski has a financial interest in NRSC Doctors, LLC, which has a financial relationship with the Naab Road Surgery Center. You may choose to be referred to another health care facility for your outpatient surgery.

***Additional Instructions:***

**1. Do not eat or drink anything (including water) before surgery, according to the following guidelines:**

*If you have anything to eat or drink after these deadlines your surgery will be cancelled.*

Adults: **8 hrs** before surgery

Newborn to 6 months: **4 hrs** (3 hrs clear liquids) before surgery

*clear liquids = apple juice, water*

6 months to 36 months: **6 hrs** (4 hrs clear liquids) before surgery

Children over 3 yrs: **8 hrs** (4 hrs clear liquids) before surgery

*Note: If you take prescription medications daily, discuss with your surgeon whether or not you should take that morning's dose with a sip of water.*

2. **14 days** prior to surgery **stop** taking non-steroidal anti-inflammatory medicines such as ibuprofen (e.g., Motrin, Advil, Aleve); over-the-counter or prescription weight-loss or appetite suppressant medications; or any herbal medicines (e.g., St. John's Wort, echinacea, etc.). **7 days** prior to your surgery stop Aspirin and all medicines containing Aspirin.

3. Do not bring valuables or wear jewelry, make-up, or nail polish. Wear comfortable, loose clothing.

4. It is advisable that you wash your hair before surgery because in some cases you will not be allowed to do so for several days after surgery.

5. If you develop cold or flu symptoms (sore throat, fever, diarrhea, etc.) prior to your surgery, call our office right away.

6. You must have a responsible adult drive you home. We suggest someone stay with you for 24 hours after surgery.

7. If you have any questions or concerns before the day of surgery, please feel free to call the office.