

- Most of the procedures are performed on an out-patient basis. We use several different hospitals and surgical centers in and around the Norfolk area for these procedures. The instructions listed below are meant as a general guideline. They should not be used instead of instructions that have been given to you by your doctor. Of course, if you have any questions about these instructions, please call our office between 8:00 AM – 4:30 PM (757-623-0526) prior to your scheduled surgery date.
- Adults, as a rule, you should not eat or drink anything after midnight prior to your surgery.
- Children’s dietary/fluid restrictions will be as directed.
- Stop taking aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs - Motrin, Advil, Aleve, etc.) for two (2) weeks prior to your surgery. Medications, such as Coumadin, should be stopped for five (5) days prior to your surgery.
- Your doctor will decide if you need any testing prior to your surgery. This testing might include blood test, chest x-ray or EKG (electrocardiogram), etc. If required, have all lab work done at least one (1) week prior to surgery unless otherwise directed.
- Your surgery will be authorized prior to your surgery date. We make every effort to get approval, if for some unforeseen circumstances the surgery is not approved by your insurance carrier, you will be contacted and other arrangements will need to be made prior to surgery.
- For self-pay clients, you will need to talk to the Billing department at Ear, Nose and Throat, Ltd. prior to the scheduling of your surgery.

Sentara Norfolk General Hospital:	(757) 388-2200 - 388-4325
Sentara Norfolk OSDU:	(757) 388-2200- 388-4325
Sentara Leigh Memorial Hospital:	(757) 466-6710 - 466-6735
Leigh ASC:	(757) 466-6710 - 466-6735
Children’s Hospital of the King’s Daughter:	(757) 668-7332 / Between 10 Am and 2 PM