

**OTOLARYNGOLOGY – FACIAL PLASTIC SURGERY OF LONG ISLAND, P.C.**  
**NY FACIAL PLASTICS**  
**NY Facial Surgical Facility, LLP**  
**NY Facial Sinus & Skull Base Center**

**B. Todd Schaeffer, MD, FACS**  
**Moshe Ephrat, MD, FACS**

**Francine Schnabel, Licensed Aesthetician**  
**Marc Berlin, MA, CCC/SLP**

Fellow  
American College of Surgeons  
American Academy of Otolaryngology – Head and Neck Surgery  
American Academy of Facial Plastic and Reconstructive Surgery

Affiliated Hospitals  
North Shore University Hospital  
Long Island Jewish Medical Center  
Schneider Children’s Hospital  
Day – Op of Long Island  
Mount Sinai Medical Center, NY

**Dr. Schaeffer’s Pre and Post Operative**  
**Surgical Instruction Sheet For Endoscopic Pituitary /Skull Base**

1. NO Aspirin, Advil, Motrin, Alleve or any anti-inflammatory medicines 2 weeks before surgery until 2 weeks after surgery.
2. Discontinue all vitamins 2 weeks prior to surgery.
3. Nothing to eat or drink after midnight the night prior to your surgery.
4. Know when your appointment is for the Pre OP CT scan for image guidance (night before or morning of surgery). Make sure the skin markers are placed in Radiology suite before scan is performed.
5. Head of bed is elevated on 2 pillows for at least two weeks. No Nose blowing for 2-3 weeks. Cough or sneeze keep your mouth open. Use saline spray for at least 2 months. Avoid hot showers for the first two weeks. Avoid strenuous exercises for three weeks. No flying or scuba diving for 3 weeks.
6. Remove any jewelry, necklaces or rings before going into the operating room.
7. Obtain medical clearance.
8. Have a presurgical re-evaluation with the surgeons to go over any questions you may have.
9. Make appointment for post operative visit with Dr. Schaeffer about two weeks after surgery.
10. The usual hospital stay is 2-3 days

Thank you

**B. Todd Schaeffer, MD, FACS**