

Preoperative Instructions for Sedation or General Anesthesia

For the safe treatment of the patient, the following pre-anesthetic instructions must be followed very carefully.

FOOD AND BEVERAGES

- It is essential that the stomach be empty at the time of the anesthetic appointment.
- Do not eat or drink anything for 8 hours prior to your appointment (this includes coffee, mint, and gum). You may drink water up until 4 hours prior to your appointment.
- Do not drink any alcohol prior to treatment for at least 24 hours.

MEDICATIONS

- Unless instructed otherwise, regular medication (*including antibiotics*) should be taken preoperatively. In that case, a *small sip* of water to take the medications is permitted. Please advise your doctor of any medications you are currently taking and whether you should take them the day of surgery.

CLOTHING / CONTACT LENSES

- Wear loose casual clothing for the appointment (e.g., short sleeve tee shirt).
- Do not wear jewelry, hair pins or make-up.
- Remove contact lenses before surgery.

SMOKING / VAPING

- Refrain from smoking and/or vaping for a minimum of 24 hours prior to treatment.

DRUG USE

- Refrain from any recreational drug use for a minimum of 24 hours prior to treatment.

FEMALES

- Please advise the doctor/clinical staff if you are, or there is a chance that you are pregnant prior to treatment.

TRANSPORTATION

- Under no conditions can you drive yourself home, or operate a vehicle or heavy machinery during a 24-hour period following surgery.

- A responsible adult (excluding a taxicab driver) must pick you up after the appointment and accompany you home, and provide after surgery care as needed.
- Public transportation is not recommended.

PERSONAL DEVICES

- No photos, audio or video recording without expressed consent. Thank you for respecting everyone's right to privacy.

CHANGE IN HEALTH STATUS

- If your general health deteriorates (e.g., cold, cough, fever, etc.), contact our office *as soon as possible*, prior to the day of the appointment. If in doubt, please phone the office to discuss the change in health status.

If you have any questions, please do not hesitate to ask them. It is important that you understand the circumstances surrounding this treatment.

If you are having IV/Nitrous sedation, please arrive at least 15 minutes prior to your scheduled surgery.

If you are having general anesthesia, please arrive at least 1 hour prior to your scheduled surgery.