

Pre-Operative Instructions

General Preoperative Instructions

For your safety, these instructions should be followed regardless of whether you are having IV Sedation/General Anesthesia or not.

- To reduce the risk of infection after surgery, please brush your teeth prior to arriving to your appointment.
- **NO SMOKING** or Vaping the morning of your surgery.
- **DO NOT** consume alcohol, illicit drugs, or controlled substances on the morning of your procedure.
- Please do not wear any makeup on the day of your procedure.
- If you have a chest cold/ respiratory tract infection or other unexpected illness please call our office to discuss if your surgery should be rescheduled.

IV Sedation/General Anesthesia:

For your safety, it is absolutely critical to follow the below instructions prior to having IV Sedation/General Anesthesia.

- **DO NOT eat or drink, including water, after midnight the night before your surgery.** For your safety, eating or drinking in advance of your procedure will likely result in cancellation and rescheduling of your surgery.
- You SHOULD take normal medications with a small sip of water at normally scheduled times if directed by your surgeon. For example, most blood pressure medications and medications for seizures should be continued. Prescriptions given to you by your surgeon for preoperative medication can be taken with a small sip of water.
- Wear comfortable clothing, short sleeved shirt, and flat bottom shoes. Avoid wearing shoes with heels or flip flops as they can increase the risk of falling while recovering from anesthesia.
- If you wear a long sleeved shirt/sweater/coat please have a short-sleeved shirt underneath. We will be attaching numerous monitors and placing an IV and will need access to your arms up to and slightly past your elbow.
- Please remove all jewelry, especially any facial piercings before coming to your appointment.
- Please do not wear any makeup on the day of your procedure.
- Please remove nail polish and artificial nails on the day of your appointment. Vitals monitors will be applied and some nail polish colors and artificial nails prevent proper functioning of our monitors.
- NO SMOKING or Vaping on the morning of your surgery.
- If you have a chest cold/ respiratory tract infection please call our office to discuss whether your surgery should be rescheduled, as sedations should not be performed with respiratory tract infections
- A responsible adult must accompany you to your appointment. They MUST remain on premises during your entire procedure as we will be reviewing post-operative care instructions with them. If you are below the age of 18, you must be accompanied by your parent or legal guardian.
- Ride share services (Uber, Lyft) are NOT allowed to be only person who accompanies you to your appointment. If you plan on using ride share/taxi/public transportation you must also have a responsible adult who will be responsible for you at home after your surgery.

Local anesthesia (numbing medication), Nitrous Oxide (laughing gas) only:

- Follow the general pre-operative instructions at the top of this document.
- You may eat and drink prior to your appointment
- You DO NOT need someone to accompany you to your appointment.
- Take your normally prescribed medications according to your normal schedule unless otherwise directed by your surgeon or health care provider.

If you have any questions, please feel free to contact our office at 980-435-4600