

Pre-Operative Instructions: Before Sedation

- It is mandatory that you do not eat or drink anything after midnight (12:00 AM) the night before your surgery. Please note that this also includes water and other clear liquids, lozenges, mints, chewing gum, hard candy, etc. Food and drink in your system while you are sedated is dangerous. If you eat or drink prior to your sedation, your surgery will most likely be cancelled.
- If you currently have, or have recently recovered from, an illness such as a cold, fever, sore throat, nausea, vomiting, and diarrhea, please notify the office prior to your surgery date.
- Please discontinue the use of alcohol, tobacco, and recreational drugs at least 24 hours prior to the surgery date, as these can adversely affect sedation.
- If you take routine medications, please check with your doctor or nurse before your surgical date for instructions. Most medications are taken prior to surgery without interruption. If you are asked to take your morning oral medications prior to surgery, you may take them with a small sip of water.
- If your doctor prescribed you medication to take prior to surgery, please follow the instructions for their use closely.
- On the morning of surgery, you are allowed to brush your teeth, but do not swallow any toothpaste or drink any water.
- Please wear loose-fitting clothing, T-shirts, or other articles of clothing that may be able to be rolled up past the elbow.
- Do not wear lipstick, excessive makeup, nail polish, or acrylic nails on the day of surgery. It is requested to have at least one finger, preferably the index finger, without nail polish or acrylic.
- You must remove contact lenses, jewelry, and dentures prior to surgery. Cell phones will be required to be given to escorts prior to surgery.
- You are required to have an escort to drive you to and from the office on the date of your surgery. Escorts must be over 18 years of age. Escorts are required to accompany patients to the office, remain in the office during the procedure, and drive the patient home. Someone will need to take care of you for at least 6 hours after leaving the office.
- Do not drive a vehicle or operate heavy machinery for 24 hours following the anesthesia experience.
- If you have any questions about your surgery or the above instructions, please ask the surgical staff or your doctor.