



Pre-Operative Instructions

- Take all of your regular medications with a minimal amount of water unless you are instructed to do otherwise by a doctor in this office or your primary medical doctor.
- **If you are scheduled to have intravenous sedation:**
You may not have anything to eat or drink for 8 hours before your appointment. For morning surgery, no food or liquids after midnight the night before surgery. Clear liquids (anything you can see through) may be taken up to 4 hours before surgery.
- **If you are scheduled to have nitrous oxide analgesia (N₂O):**
You may not have anything to eat or drink (including water) for 3 hours before the appointment unless otherwise directed.
- No smoking for at least 12 hours before surgery. Ideally, cut down or stop smoking as soon as possible before the day of surgery.
- A responsible adult must accompany the patient to the office, remain in the office during the procedure, and drive the patient home.
- Plan to rest for the remainder of the surgery day. The patient should not drive a vehicle, operate any machinery, or make important decisions for 24 hours following intravenous anesthesia.
- Please wear loose-fitting clothing with sleeves that can be rolled up past the elbow and low heel shoes.
- Contact lenses, jewelry, and dentures must be removed before surgery.
- Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
- The use of alcohol or recreational drugs can have an adverse effect on the anesthesia medications that we use. Please discontinue the use of such for at least 72 hours before your procedure.
- If you have an illness such as a cold, sore throat, or stomach or bowel upset, please notify the office.
- If, for some reason, you are unable to keep your surgery appointment, we request 48 hours' notice of cancellation.
- **Women, please note:**
Some antibiotics may interfere with the effectiveness of your birth control pills. Please check with your pharmacist.