

IV Sedation / Anesthesia Pre-Op Instructions

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Please Follow The Pre-Operative Instructions Below

If you are having general anesthesia/sedation (being “put to sleep”), please read and follow these instructions carefully — they are important to help ensure your safety and to allow us to provide the best possible care.

1. Do not eat anything greasy or spicy for 24 hours prior to surgery. No alcoholic beverages or recreational drugs should be used within 24 hours of your surgery. Where possible, get plenty of sleep the night before being sedated. A well-rested patient is usually easier to sedate more deeply.
2. Do not eat or drink anything, including water, within 8 hours of your surgery.
3. If you regularly take medication in the mornings, follow the instructions given to you at your consultation appointment by your surgeon. Generally, important medicines can be taken at the normal time with a sip of water. Patients taking blood thinners or medications for diabetes require special consideration and should be discussed with your surgeon. Contact our office if you have further questions. Patients with asthma should bring their inhalers with them on the day of surgery.
4. A responsible adult must accompany you to drive you home and remain with you for the first 24 hours after surgery.
5. If you are under 18, a parent or legal guardian must accompany you.
6. On the average, your stay in our office is approximately 2-1/2 hours – during that time we will be asking your escort to pick up your prescriptions at the pharmacy of your choice. Remember that you will also need liquids and soft foods postoperatively.
7. You should wear loose clothing, a short-sleeved shirt if possible.
8. Keep your jewelry, make-up, and nail polish to a minimum.
9. Be prepared to remove contact lenses before receiving sedation. It is best if you leave them at home.
10. Avoid smoking for several days before your surgery.



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11. It is important for your lungs to be as clear as possible prior to surgery. If you have a productive chest cold or chest congestion of any kind, please advise our office well in advance of your surgery. In some cases an appointment change may be necessary to ensure your safety.
12. If you need to cancel or change your appointment for any reason, please remember to inform our office as early as possible so other patients can use this time for their care.
13. Remember to review your postoperative instruction pamphlet.

If you have any questions or concerns, please don't hesitate to contact our office!



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