



## PRE-OPERATIVE INSTRUCTIONS

*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.*

- If your surgery is scheduled for the morning, **do not eat any food or drink any fluids for 8 hours prior to your appointment.**
- Do not drink alcoholic beverages the night before surgery.
- We encourage other arrangements for childcare, as our office is ill equipped for children.
- If you regularly take medication in the mornings, follow the instructions given to you at your pre-operative appointment by your surgeon. Generally, important medicines can be taken at the normal time with a sip of water. Patients taking blood thinners (i.e. Coumadin, Warfarin, Plavix, Vitamin E, Fish oil supplements, Aspirin), NSAIDS (i.e. Aleve, Ibuprofen, Motrin products) or medication for diabetes require special consideration — this should be discussed with your surgeon. Please contact our office.
- On arrival for surgery, **you must be accompanied by a responsible adult** who will assure that you get home safely by driving you in a car or accompanying you in a taxi cab. **They need to remain in the office during the entire time of your surgery.** You should not drive, operate machinery, or make important decisions for the remainder of the day.
- Please wear loose-fitting clothing with short sleeves or sleeves that can easily be rolled above both elbows.
- To help avoid infection, brush and floss your teeth and rinse with mouthwash prior to your surgery.
- Jewelry, contact lenses, and dentures must be removed before surgery.
- Do not wear lipstick, excessive makeup, or **nail polish**.
- Please visit the restroom immediately before your appointment time.
- Patients with asthma should bring their inhalers with them on the day of surgery.
- If you have a head or chest cold, sore throat, or other illness, please call the office as an appointment change may be necessary.