

## **Pre Operative Instructions for Sedation Patients**

A responsible adult (18 years or older) must accompany you, remain in the reception area, and take you home. If you are under 18, that person must be a legal guardian.

Please arrive 30 minutes prior to appointment time to finalize paperwork and to consult with your anesthesiologist.

**DO NOT EAT OR DRINK 8 HOURS PRIOR TO SURGERY:** this includes water and coffee.

If you have an illness such as a cold, sore throat, stomach, or bowel upset, please notify the office immediately.

Take your usual morning medications, unless otherwise directed by your doctor, at least two hours before surgery with a small sip of water

Please wear a loose-fitting short sleeve shirt and comfortable clothing.

Please wear flat-soled shoes. (no high heels/sandals)

Please remove contact lenses, all jewelry, and watches before surgery.

Please remove fingernail polish on both index fingers.

Please brush your teeth and rinse thoroughly before surgery.

Alcoholic beverages and smoking must be avoided 24 hours before surgery. Do not smoke marijuana within 4 days of your surgery.