

## Pre-Operative and Pre-Anesthetic Instructions

You are scheduled to have surgery that will use intravenous or intra-muscular anesthesia or sedation. Please follow these instructions in preparation for the procedure:

- **Do not eat or drink for at least eight (8) hours** before your scheduled surgery appointment. You may have small sips of clear fluids only up to 2 hours prior to your procedure.
- Do not smoke or eat any marijuana products for 72-hours prior to your appointment.
- Any necessary medications may be taken with a sip of water. Make sure your doctor is aware of all medications you have taken in the 24-hour period preceding your surgery.
- When sedation is given, you **MUST** have someone come with you who is 18 years old or older. This person must be able to wait the entire duration of the procedure in the lobby and drive you home after the surgery.
- If the patient is a minor, a parent or legal guardian must wait for the patient and be able to drive the patient home after the procedure.
- If you are having sedation, you must arrange for an adult to care for you while the sedative drugs still have an effect after the surgery (usually 2-6 hours). Do not drive for 24 hours after the procedure.
- Please wear loose, comfortable clothing with short sleeves. If possible, leave rings and other jewelry at home and wear only a minimal amount of makeup.
- If you wear contact lenses, please leave them out or have the items needed to remove them prior to surgery.
- If you are breastfeeding, please let your doctor know prior to the procedure or sedation.
- If necessary, a prescription for pain medication will be given to you before you leave the building. You may fill this prescription at the pharmacy of your choosing.
- Do not ignore a head or chest cold when surgery is to be performed, as a change of appointment may be necessary. Please call to consult your doctor about your symptoms.
- We recommend that you avoid seeds, nuts, and popcorn.
- Suggested foods to have available at home the day of surgery are:
  - ✓ Yogurt
  - ✓ Ice cream
  - ✓ Pudding
  - ✓ Jell-O
  - ✓ Ginger ale
  - ✓ Other soft, non-spicy foods