



## Pre-Operative Instructions: Before IV/General Anesthesia

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 after midnight**. If your surgery is scheduled in the afternoon, you may have a light meal (toast or the equivalent and clear liquids such as tea, black coffee, or apple juice) up to 6 hours before.
- 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 medication for diabetes require special consideration — this should be discussed with your surgeon. Contact our office if you have further questions.
- 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 dark or metallic 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.

Payment is expected on the day of surgery unless other financial arrangements have been made.

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.

**If you have any questions or concerns, please don't hesitate to contact our office! (520) 745-2454**