

Pre-Surgical Instructions for IV Sedation

SURGICAL APPOINTMENT TIMES ARE SUBJECT TO CHANGE DUE TO THE NATURE OF THE SURGICAL PROCEDURES BEING PERFORMED BEFORE YOUR APPOINTMENT. WE WILL CONTACT YOU AS SOON AS WE ARE AWARE OF ANY TIME CHANGE.

PLEASE ARRIVE 10 MINUTES PRIOR TO YOUR APPOINTMENT TO CHECK-IN.

- Absolutely **NO EATING OR DRINKING** (including water, breath mints, gum) after midnight the night before your surgery. If your surgery is scheduled in the afternoon, you may have a **LIGHT** breakfast 6 hours before your appointment.
- **DO NOT DRINK ALCOHOL** 72 hours prior to surgery.
- Take **ALL** regular medications with only a small sip of water. **IF** your doctor advises you to hold any of your medications, it is your responsibility to do so.
- **If you are a Diabetic please follow the appropriate guidelines:** If managed with pills **SKIP** your medications on the morning of your surgery. If managed with insulin, please hold your morning short acting insulin and reduce your basal insulin to half. In either scenario, if you start to feel light-headed, you may sip apple juice.
- **You must be accompanied by a responsible adult that you know and is prepared to drive you home and care for you the first day of your surgery.** Taxis, Uber, Lyft services are **NOT** allowed. Plan to rest the remainder of the day. Do **NOT** drive a vehicle, operate any machinery, or sign any legal documents for 24 hours following your surgery.
- Please wear loose comfortable clothing with a top that has **short-sleeves** (we will be placing monitors on your arms and starting the IV). We will provide a blanket.
- Leave jewelry at home. **NO SANDALS, FLIP-FLOPS, OR HIGH HEELS.**
- If provided, have your prescription(s) **FILLED BEFORE** your surgery appointment. Make sure you have plenty of soft foods (eggs, yogurt, mashed potatoes, pudding) and liquids at home. Please eat something after your procedure prior to taking your pain medication.
- If an antibiotic is given, please start one (1) day **PRIOR** to surgery, follow the instructions for dosage on the bottle, and take until the bottle is empty. Do not take the antibiotic on the morning of your surgery, resume when you get home and have eaten something.
- Over-the-counter items to **AVOID FOR 1 WEEK PRIOR TO SURGERY:** *Aspirin, Vitamin E, Fish Oil and Turmeric.*

If you have any questions, please do not hesitate to contact our office