



Pre-Surgical Instructions for Oral 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.

- Take your oral sedative Triazolam or Valium ONE hour prior to your appointment. **A driver is REQUIRED to bring you to and take you home from your appointment.** Taxis, Ubers, and Lyft type services are NOT allowed.
- Plan to rest for the remainder of the day. Do NOT drive a vehicle, operate any machinery, or sign any legal documents for 24 hours following your surgery.
- 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.
- Please wear loose comfortable clothing with a top that has short sleeves or sleeves that can be rolled up. We will provide ☐ a blanket. ☐
- Leave jewelry at home. **NO SANDALS, FLIP-FLOPS, OR HIGH HEELS.**
- If advised: over-the-counter items to **AVOID FOR 5 DAYS PRIOR TO SURGERY: Aspirin, Vitamin E, Fish Oil, and Turmeric.** IF your doctor advises you to hold any of your medications, it is your responsibility to do so.
- DO NOT DRINK ALCOHOL 72 hours prior to surgery.
- You are **NOT** required to fast for your procedure. You may eat, drink, and take any medications as normal.

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