

Preoperative Instructions for Patients Scheduled for Sedation or General Anesthesia

Please read these instructions carefully and call with any questions.

1. On the evening before your surgery, please eat your dinner before 6 P.M. Avoid a very heavy or fatty dinner. You are encouraged to drink lots of fluids during the evening before your surgery but please avoid alcohol.
2. **Do not eat or drink anything** (INCLUDING WATER OR COFFEE) or chew gum **after midnight** the night before surgery. ***THIS IS VERY IMPORTANT!*** If you do eat or drink **anything**, your surgery will be cancelled. It is OK and recommended that you brush your teeth the morning of surgery but don't swallow any water or toothpaste. After surgery you should not brush your teeth for 24 hours.
3. **A responsible adult must bring you to the office and stay during your procedure.** After anesthesia, you may not drive or operate machinery for 24 hours: your accompanying adult will drive you home. Therefore, you will need to have someone drive you to and from the office on the day of the surgery and stay with you for the first 12-24 hours. Please have this arranged before the day of the surgery.
4. **A parent or legal guardian must be present for the surgery if the patient is a minor.**
5. Please arrive for surgery on time. If you are late, please call to let us know. We will try to avoid canceling or rescheduling whenever possible.
6. Wear comfortable, loose clothing and short sleeves.
7. Do not wear contact lenses, jewelry, lipstick or excessive makeup. Please remove all piercings and nail polish.
8. Have the prescriptions given to you filled prior to the day of your surgery.
9. Please read the postoperative instructions and become familiar with them. Also, ask the person taking care of you to read them before the day of your surgery so questions can be answered before you leave the office after surgery. **IT IS IMPORTANT TO DO THIS!**
10. If you are a smoker, please try to avoid smoking as much as possible before and during your postoperative recovery period. For best results do not smoke 7 days before and 7 days after surgery. At a very minimum, it is best to avoid smoking for the twelve hours immediately before anesthesia to reduce carbon monoxide in your bloodstream and then for as long as possible after the surgery to increase oxygen delivery to promote healing and reduce chances of a dry socket.
11. If you have a cold, fever or are not feeling well prior to the appointment, please call the office as soon as you can. Your surgery may need to be rescheduled.
12. Please leave your cell phone and/or pager at home the day of your surgery.