



PRE-OPERATIVE GUIDELINES

INSTRUCTIONS FOR PATIENTS WHO WILL BE RECEIVING SURGERY WITH SEDATION

For your comfort, your surgery will be performed utilizing a combination of local anesthetics and either nitrous oxide, oral or intravenously administered conscious sedation. For your safety, it is necessary that you follow the instructions below.

1. Take your usual prescribed medications as well as those which have been prescribed for you in preparation for your surgery. Do not take any aspirin or aspirin-containing medications for at least three days prior to your surgery date.
2. Advise us of any medications you are taking, even over-the-counter drugs. Please do not take any medicine without the doctor's knowledge and approval.
3. Please do not have anything to eat after midnight the night prior to your appointment. It is O.K. to have small amounts of clear liquids to take your medications, but refrain from coffee or tea.
4. Do not drink any alcoholic beverages the day of your appointment.
5. Wear loose, comfortable clothing with sleeves that can easily be drawn up above your elbow for monitoring your blood pressure. Do not wear heavy makeup or false eyelashes, and if you wear nail polish or acrylic artificial nails, please remove the nail polish and artificial nails from at least two fingers on your right hand.
6. Please arrive promptly for your appointment. **Late arrival may necessitate rescheduling of your surgery.** Allow for construction delays, weather and heavy traffic in planning your departure from home or work so that you can arrive on time. If you are early, the staff will welcome the opportunity to help you relax before your surgery.
7. You must be accompanied home by a responsible adult who will drive and arrange for responsible supervision for the remainder of the day. We are sorry, but we cannot allow you to take public transportation or drive yourself home. Someone MUST be available to stay with you throughout the day.
8. Full mental alertness will not return for several hours after your sedation. Therefore, for the remainder of the day you should plan to limit activity requiring full concentration power. **You will not be able to safely or prudently: (a) drive an automobile or operate machinery, (b) undertake business or financial matters or (c) drink alcoholic beverages the day of your sedation.**
9. Please notify us if you develop a cold, sore throat, cough, stuffy nose, fever or any other illness during the days prior to your surgical appointment. Often these symptoms will not interfere with your scheduled treatment. However, if rescheduling your appointment becomes necessary, we would like to have as much advance notice as possible. **Please do not wait until the day before, OR the day of your surgery to notify us thinking that you might get better.** Our office commonly starts preparing items for your surgery several days in advance, so the lead time related to possible rescheduling is very important.

If you have any questions after reading these guidelines,
please do not hesitate to call us for clarification.

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