



Pre-Operative Instructions

*The following instructions are provided to help you prepare for your planned procedure.
Following these instructions is critical to protecting your safety and surgical outcome.*

DIET RESTRICTIONS:

If you are to have any form of sedation or general anesthesia for your procedure, it is **CRITICAL** that you have **NOTHING TO EAT OR DRINK FOR 8 HOURS PRIOR TO YOUR PROCEDURE**. A simple rule of thumb is to avoid eating or drinking anything after midnight the night before your procedure.

An empty stomach is very important for your safety. It is the responsibility of the patient or the parent/guardian to follow the precaution of **NOTHING BY MOUTH!**

Young children may have special dietary instructions. Discuss these with the doctor.

ESCORT:

You **MUST** be accompanied by a responsible adult escort to assume responsibility for your care for 24 hours following sedation or general anesthesia. You cannot drive or operate machinery for 24 hours; operating a vehicle is criminal. Do not make any legal decisions or sign legal documents for 24 hours. You are not to be left alone for 24 hours.

MEDICATIONS:

If you take daily prescription medications, please take them as you usually would with a sip of water. If you were prescribed pre-operative medications such as prophylactic antibiotics, please take them as directed with a sip of water.

If you take coumadin (warfarin) or other blood thinners, you will need special instructions. This will be discussed with you at your consultation or you may contact us for instructions in advance of your appointment.

Patients with insulin dependent diabetes require special care. Please consult with us, and/or your primary physician, to obtain specific instructions.

ALCOHOL/DRUGS:

DO NOT consume alcohol or use non-prescription drugs prior to your procedure. If you use recreational drugs it is **CRITICAL** that the doctor be aware of your use. Failure to follow these instructions may result in serious complications including death.

ILLNESS:

If you develop a cold, sore throat, cough, fever or any other illness before your procedure please notify us.

CLOTHING/MAKEUP:

Please wear loose fitting, short-sleeved shirts, and comfortable shoes without elevated heels. **DO NOT** wear make-up if you are having any major surgery, cosmetic, or implant procedures.

CONTACT LENSES:

Please notify the doctor if you are wearing contact lenses.

DISCHARGE:

Recovery times are variable so it is difficult to say exactly how long you will be in the office or how long your escort will be required to wait. However, our staff will be happy to provide a time estimate for your appointment on an individual basis.

If you have any questions regarding these instructions, please call the office at 244-7634.

WARNING PATIENTS ON BIRTH CONTROL PILLS

Some antibiotics and other medications have been shown to decrease the effectiveness of birth control pills. Ask your physician or pharmacist about your medications. We advise that you use additional birth control measures during the cycle for which you have been prescribed these medications.