

## PRE-OPERATIVE INSTRUCTIONS FOR ORAL SEDATION

### PLEASE READ THESE INSTRUCTIONS **BEFORE** YOUR SURGERY

1. **NO FOOD OR DRINK FOR 4 HOURS PRIOR TO SURGERY** – Your stomach should be empty from food and liquid to help minimize the possibility of nausea and vomiting, which can lead to serious complications. You may drink water before surgery.

**NOTE:** *It is important that you take any regular medications (high blood pressure, antibiotic, etc.) or any pre-medication prescription we have provided, using only a small sip of water. Please bring with you the medications we have prescribed.*

2. **Loose fitting, warm comfortable clothing should be worn**, such that sleeves can be drawn up past the elbow and elastic waist.
3. **Remove all nail polish (at minimum on index fingers) prior to coming for surgery. If you have artificial or acrylic fingernails, please remove the right index artificial fingernail for surgery.**

**Reason:** Vital signs will be monitored during surgery and nail polish can cause false readings of your life vital signs. This requires placement of EKG leads, blood pressure cuff and pulse oximetry placed on your finger.

4. **Remove and leave ALL jewelry at home.**
5. **A responsible adult must accompany you, check you in for surgery, and give contact information so our office can keep them updated on your progress.**
6. **PLEASE DO NOT DO OR PLAN TO DO ANY OF THE FOLLOWING THE DAY OF SURGERY:**
  - a. **Drive a vehicle or operate any machinery**
  - b. **Undertake any responsible business matters**
  - c. **Drink any alcohol. If you are prescribed antibiotics and/or narcotic pain medications, do not consume alcohol until your medications have been finished as prescribed.**
  - d. **Take any medication without prior doctor approval**

**Diabetics:** (Insulin Dependent) We may need to alter your regular dosing schedule. If you did not receive specific instructions during your evaluation, please call us. We will need to know what your glucose level normally runs first thing in the morning and at what times you take your insulin during the day. **Please bring your insulin and glucometer with you on surgery day.**

\_\_\_\_\_ **Patient initials - acknowledging receipt and understanding of instructions.**