

PRE-OPERATIVE INSTRUCTIONS - READ **PRIOR** TO IV SEDATION

1. **NO FOOD OR DRINK FOR 8 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 have a small amount of water up to 2 hours prior to your procedure.

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. Do not wear a thick sweatshirt or hoodie.

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 in order for us to monitor your vital signs.

4. **Remove and leave ALL jewelry at home.**

5. **Please wear the provided undergarment to your surgery appointment.** While under sedation, you may experience incontinence. You will not be asked to change out of your own clothes.

6. **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.** You will need a responsible adult stay with you for 8-12 hours following your procedure.

7. **FOR 24 HOURS FOLLOWING SURGERY, DO NOT:**

- 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

If you are Diabetic: (Insulin Dependent) We will go over your blood sugar levels and insulin dosage prior to your procedure. Please bring your glucometer with you on surgery day.

If you have Asthma: Please bring your inhaler to your appointment.

If you take Blood Thinners or Phentermine: You may be instructed to hold these medication prior to surgery.

_____ Patient initials - acknowledging receipt and understanding of instructions.