



Patient Instructions Preceding IV Sedation

- You may **not** have anything to eat or drink for **8 hours** before the appointment. You are allowed to drink water until **2 hours** prior to your surgery time.
- No smoking for at least 24 hours before surgery. Ideally, cut down or stop smoking as soon as possible prior to the day of surgery.
- A responsible adult must accompany the patient to the office, remain in the office during the procedure, and drive the patient home. An adult should plan to remain with the patient for the first 24 hours after their anesthesia.
- Plan to rest for the remainder of the surgery day. The patient should not drive a vehicle or operate any machinery for 24 hours following the anesthesia experience.
- Please wear loose-fitting clothing with sleeves that can be rolled up past the elbow and low-heeled shoes.
- Do not wear lipstick, excessive makeup, nail polish or jewelry on the day of surgery.
- If you are diabetic, please take your blood sugar level the morning of the appointment and inform us of the results.
- If you have an illness such as a cold, sore throat, or stomach or bowel upset, please notify the office.
- Continue to take all regularly prescribed prescription medications, unless instructed otherwise.
- The use of alcohol or recreational drugs can adversely affect the anesthesia medications that we use. Please discontinue the use of such for at least 72 hours before your procedure.
- If your doctor prescribed medications to you, please follow the instructions for their use closely.