

Pre-Operative Instructions: Anesthesia

- You may not have anything to eat or drink (including water) for 8 hours before the appointment. For morning surgery, no food or liquids after midnight the night before surgery.
- No smoking at least 12 hours before surgery. Ideally, cut down or stop smoking as soon as possible prior to the day of surgery.
- A responsible adult over 18 must accompany the patient to the office, remain in the office during the procedure, and drive the patient home.
- 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.
- You must remove contact lenses, jewelry, and dentures at the time of surgery.
- Do not wear lipstick, makeup, or nail polish (including gel nail polish) on the day of surgery.
- If you have an illness such as a cold, sore throat, or stomach or bowel upset, please notify the office.
- If you take routine oral medications, please check with your doctor before your surgical date for instructions.
- 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 and inform your doctor.
- If your doctor prescribed you medications, please follow the instructions for their use closely.
- Women, please note: Some antibiotics may interfere with the effectiveness of your birth control pills. Please use alternative methods and check with your pharmacist.