



Instructions for Outpatients Receiving Sedation or Anesthesia

- 1. Drinking plenty of water for three days prior to your surgery will help with ease of starting an IV. Do not eat or drink anything (including water) after midnight, the night prior to surgery. Please talk with your doctor about taking AM medications.**
2. Please wear loose clothing, especially around the neck and arms. Wear short sleeves and a shirt or blouse that buttons down the front. (Please no dresses)
3. Remove contact lenses, jewelry, and acrylic/gel nails and nail polish, prior to your appointment. Also, remove chewing gum, dental appliances, or tobacco from your mouth.
- 4. Please remember, you must have a responsible adult with you at the time of your surgery. This person must remain in the waiting room for the entire time of your appointment. The clinic secretary will bring him/her back to the surgical room at the end of your procedure for further instruction.**
5. Do not operate automobiles or machinery for 24 hours following surgery.
6. Do not hesitate to call our office for any concerns or questions regarding your surgery/recovery. If you reach us after hours, please leave a message so we can contact you.