

## **Pre-operative Instructions for Intravenous Sedation (IV Sedation)**

1. Do NOT eat or drink at minimum 8 hours prior to surgery.  
If you need to take prescription medications, please take them with small sips of water only up to 2 hours prior to surgery. If you need to take any diabetes or weight loss medications, please inform the doctor and office. We reserve the right to cancel or postpone surgery if these instructions are not followed.
2. Please arrange for a ride to and from the office on the day of your surgery. Patient will not be able to drive home after surgery and operate machinery for at least 24 hours following anesthesia. The driver must be 18 years of age or older. Uber/Lyft/Taxi or other rideshare services are not permitted unless the patient will be accompanied by an adult companion.
3. Please have a responsible adult at home to care for you on the day of surgery.
4. Wear a loose fitting short sleeve shirt and comfortable clothing.
5. Wear flat soled shoes with ankle support, e.g. sneakers, Crocs, Birkenstocks. (no high heels, platforms)
6. Remove contact lenses, all jewelry, and watches before surgery
7. Do not apply make-up, perfume or cologne on day of surgery
8. Remove fingernail polish, acrylic nails and any artificial nail product on both index fingers
9. Brush your teeth and rinse thoroughly before surgery
10. Have ice packs or bags of frozen vegetables available at home after surgery to reduce swelling.
11. If you have an illness, such as a cold, sore throat, stomach or bowel upset, in the 4 weeks prior to your surgery date, please notify the office.
12. Alcoholic beverages should be avoided 24 hours before and 7 days after surgery
13. Smoking must be avoided 24 hours prior to surgery and 7 days after surgery. Please avoid marijuana use at least 1 week prior to surgery.