

Preoperative Instructions for Sedation

DO NOT eat nor drink for 8 hours prior to the appointment. Failure to fast can cause life threatening complications. If you are diabetic, or taking medications for diabetes or weight loss like Ozempic, GLP-1s, etc, your instructions may differ. Be honest with your surgical team.

Take your prescribed medication before surgery with **a small sip of water** (no more than 4 ounces). *Special instructions for medications:*

A responsible adult (over 18 years old) must accompany the patient to the office, remain in the office during the procedure, and be able to drive the patient home. You should plan to have a responsible adult present for the first day recovering from IV sedation. Minors should be accompanied by a legal guardian.

Ride Sharing Policy: You must be accompanied by a responsible adult that is over 18 years old.

Wear loose-fitting clothing with short sleeves or sleeves that can be rolled above the elbow. Access is needed to your elbows and chest for your IV access and anesthesia monitors. No dresses, skirts, rompers, jumpsuits, crop tops or waist trainers.

Nail polish or acrylic nails: remove acrylic nails or dark nail polish from your index fingers. Nail polish/acrylic/gel nails interfere with monitoring your anesthesia. Plan for having your nails done AFTER your procedure, not before.

Facial, lip or tongue piercings or jewelry should be removed prior to surgery.

Cannabis users should abstain for a minimum of 72 hours prior to anesthesia.

Avoid alcohol for at least 24 hours prior to anesthesia.

Asthmatic patients should use their maintenance inhaler as prescribed. Please bring your rescue inhaler to your visit.



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