# PRE-OPERATIVE INSTRUCTIONS

1. **Get a good night's sleep.**
2. **Stay well hydrated.**
3. **Wear loose comfortable clothing. Short sleeve shirts are preferred.**
4. **Avoid heavy makeup, lipstick and nail polish.**
5. **Avoid smoking, vaping or excessive alcohol for 24 hours before surgery.**
6. **Take your medications as prescribed unless instructed otherwise.**
7. **Blood thinner's (Warfarin, Pradaxa, Xarelto, Plavix etc) should be altered prior to surgery.**
8. **Eat a normal meal 1-2 hours before your appointment (unless you are receiving IV sedation).**

## If you are receiving IV Sedation/Anesthesia

1. **Arrange for a responsible adult to drive you to and from your appointment.**
2. **No food or drink for at least 8 hours before surgery.**
3. **Prescription medications can be taken with a small amount of water.**
4. **Diabetes medications should not be taken since you will be fasting.**

**The success of your procedure and recovery depends on following pre and post operative instructions.**
**If you have any questions before surgery, please contact our office. We look forward to providing you with excellent care.**