

## Pre-Operative Instructions Prior to I.V. Sedation

For your comfort, your surgery will be performed utilizing a combination of local anesthetics and intravenously administered conscious sedation. For your safety, please follow the instructions below.

1. Take your usual prescribed medications as well as those which have been prescribed for you in preparation for your surgery. *Do not take aspirin pain killers or other aspirin-containing medication that you have not been directed to take by your physician for at least three days prior to your surgical date.*
2. Advise us of any medications that you are taking, even supplements or over-the-counter drugs. Please do not take any medicines without your surgeon's knowledge and approval.
3. Please *do not have anything to eat for at least six (6) hours prior to your appointment.* It is O.K. to have small amounts of clear liquids (water, lemon-lime soda, black coffee, sugar-free gelatin) up to two (2) hours before, but refrain from drinks with sugar or cream.
4. Do not drink any alcoholic beverages the day of your appointment or for twenty-four (24) hours after your sedation.
5. Wear loose, comfortable clothing with *sleeves that can easily be drawn up above your elbow.* If you wear nail polish or acrylic nails, please remove the nail polish from at least two fingers on your right hand. If you wear contact lenses, please be prepared to remove and store them when you arrive at our office or wear prescription glasses in place of the contacts on the day of your surgery. Do not wear your contact lenses for the remainder of the day of your sedation.
6. Please arrive promptly for your appointment so that our staff has time to go through our pre-operative questionnaire with you to ensure your safety. Late arrival may necessitate rescheduling of your surgery. Allow for the usual heavy traffic in planning your departure from home or work so that you can arrive on time. If you are early, the staff will welcome the opportunity to help you relax before your surgery.
7. You **MUST** be accompanied home by an adult who will drive and arrange for responsible supervision for the remainder of the day. We are sorry, but we cannot allow you to take public conveyance or drive yourself home.
8. If any complications or problems should develop after you leave our office, you should call our office at (334) 209-1352 or your surgeon's emergency contact number: (344) 444-0571, if after hours. Parents or guardians of young patients should observe the child continuously upon returning home and call us immediately if disturbances or problems should develop.
9. Full mental alertness will not return for several hours after your sedation. Therefore, for the remainder of the day you should limit activity. You will not be able to safely or prudently: a) drive an automobile or operate machinery, b) undertake legal business or financial matters, or c) drink alcoholic beverages the day of your sedation. Remaining sedentary, as well as the use of a small ice pack on your face, can significantly enhance your comfort. Heavy physical activity (running/exercising, strenuous household errands, or heavy lifting) shortly after surgery can cause complications and pain.
10. Please notify your surgeon if you develop a cold, sore throat, cough, stuffy nose, fever or any other illness during the days prior to your surgical appointment. If rescheduling your appointment becomes necessary, we would like to have as much advance notice as possible.

If you have any questions after reading these guidelines, please do not hesitate to call us for clarification.