

Instructions for Surgery Appointments with Sedation



Fasting

- ▶ You should not eat or drink anything for at least 8 hours before the procedure. This includes water and chewing gum.



Health Changes

- ▶ If you become ill (such as getting a cold or fever) in the days before your surgery, notify your surgeon. The procedure may need to be rescheduled.



Transportation

- ▶ You will need someone to take you to and drive you home after the procedure. Your escort must remain in the waiting room for the duration of the surgery. The effects of sedation can take several hours to wear off, and it's not safe to drive or operate machinery on the day of surgery.



Escort

- ▶ Patients Under the age of 18 need to have a parent or legal guardian present for the procedure.



Clothing

- ▶ Wear comfortable, loose-fitting clothing - your arms must be accessible. Avoid wearing jewelry, contact lenses, heeled shoes, or nail polish.



Medications

- ▶ If you take regular medications, discuss this with your surgeon. They will tell you which medications you should take on the day of the surgery. If you have diabetes, special instructions will be given regarding your medications/insulin and meal schedule. It is ok to take your medications with small sips of water.

Reminder

- ▶ Do NOT have any food or drink prior to your procedure!
- ▶ Make sure your ride does not plan on leaving during surgery!

