



Pre-Op Anesthesia Instructions

Eating and Drinking

STRICT ADHERENCE TO THESE INSTRUCTIONS MUST BE FOLLOWED, FAILURE TO DO SO COULD RESULT IN INJURY OR DEATH. You can drink water or clear Gatorade up to 2 hours prior to your appointment. However, no other food or drink should be consumed after midnight the day prior.

Clothing

Please wear a loose fitting short sleeve t-shirt. Do not wear make-up or false eyelashes. One fingernail must be free of nail polish. Contact lenses or glasses will need to be removed prior to procedure. Please bring an eyeglass or contact lens case. Children should bring a change of clothes.

Health and Medications

If you have any change in your current health status i.e. cold, flu, or fever, please notify us immediately. As this may cause a change in treatment plan.

You may continue your normal daily medications unless otherwise instructed by your physician, dentist or anesthesiologist. Please take medication on the day of appointment with only a sip of water.

For pain control after the appointment we recommend having **Tylenol Rapid Release Gels** and **Advil Mini Liqui-Gels** as they are easy to swallow and fast acting.

Responsible Adult

You will be required to have a responsible adult accompany you to your appointment and stay on premises for the duration of your procedure. You will not be allowed to drive for twenty-four hours after anesthesia. Therefore, you will need to arrange for a driver to take you home. You should also have someone that monitors you for the rest of the day.