

Pre-Operative Instructions for Sedation

Preceding your appointment, you must plan your day so that the following instructions can be observed:

1. **Someone must escort you TO our office**, and wait inside the building until your sedation has begun. **Someone must escort you FROM the office when the sedation is complete.** If you arrive at our office unescorted, we will not be able to perform the sedation
2. **Do not eat or drink anything for at least 6 (six) hours preceding your appointment.**
3. If you regularly take medication in the mornings, follow the instructions given to you at your consultation appointment by your surgeon. Generally, important medicines can be taken at the normal time with a sip of water. Patients taking blood thinners or medication for diabetes require special consideration – this should be discussed with your surgeon. Contact our office if you have further questions.
4. Wear loose fitting clothing with short sleeves and wear low heeled shoes.
5. To help avoid infection, brush and floss your teeth and rinse with mouthwash prior to your surgery.
6. Jewelry, contact lenses, and dentures must be removed before surgery.
7. Arrive 10-15 Minutes early to the appointment for check in process.
8. No fingernail polish or artificial nails, excessive makeup, and/or lipstick.
9. Patients with asthma should bring their inhalers with them on the day of surgery.
10. If you have a head or chest cold, sore throat, or other illness, please call the

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office as an appointment change may be necessary.