



# Pre-Operative Instructions

## General Anesthesia/IV Sedation

- The **night before** your appointment, please **eat a light meal**.
- Please **do not smoke** or use nicotine for at least **12 hours before** your appointment.
- **Do not eat or drink anything during the 8 hours before** your appointment. This includes water and coffee.
- If you take daily **medications**, please take them with **only a sip of water**.
- Do you take blood thinners or medication for diabetes? If so, please follow any specific instructions that the doctor gave you.
- A **driver has to wait for you during your appointment**. They will have to help you out of the office when you are ready then drive you home. You cannot take Uber or Lyft to get home.
- A **parent or legal guardian** must come with any **patients under 18**. Other family members cannot come in a parent or guardian's place.
- Wear loose, comfortable clothing with **short sleeves**.
- Please **do not wear contact lenses, dentures, or jewelry** to your appointment.
- Please **do not wear products with strong smells** on the day of your appointment. This includes perfume and cologne.
- You will need to rest after your appointment until the next day. **Do not use machinery or drive** until the day after your appointment.