

PERIOPERATIVE INSTRUCTIONS FOR PATIENTS UNDERGOING SEDATION FOR THEIR PROCEDURE

- 1. Do not eat or drink for 6 hours prior to your appointment. No liquids or foods of any kind.
- 2. Arrange for a relative or friend to drive you home after your procedure.
- 3. Do not drive or operate machinery for 24 hours following your procedure.
- 4. Get plenty of rest the night before your procedure.
- 5. Do not drink alcoholic beverages on the night before your procedure.
- 6. Do not smoke marijuana for 3 days prior to your procedure. Limit smoking of any kind prior to and after your procedure.
- 7. Please note that smoking after your procedure will delay the healing process.
- 8. Please wear loose fitting clothing with sleeves that can be rolled up past the elbow, and low-heeled shoes.
- 9. Contact lenses, jewelry, facial and oral piercings must be removed at the time of surgery.
- 10. Do not wear lipstick, excessive makeup or nail polish on the day of surgery.
- 11. If you have an illness such as a fever, cold, sore throat, stomach or upset bowels, please notify the office in advance.
- 12. If you take routine oral medication, please confirm with your physician prior to your surgical date for instructions.