

Pre Operative Instructions for Patients

Instructions Before Intravenous Anesthesia

If you are anxious about your surgery and would like to be asleep, there are some very important safety precautions you will need to take. The following instructions and information will help you prepare yourself and ensure that your surgical procedure goes smoothly.

1. **PLEASE MAKE SURE YOU HAVE NOTHING TO EAT OR DRINK EIGHT HOURS PRIOR TO THE SURGERY.** This includes any chewing gum, food, drinks, cola, coffee, tea or other beverages. Even a sip would result in cancellation of the procedure. The only exception is a small amount of clear water to be taken with your medications.
2. **PLEASE MAKE SURE THAT YOU ARE ACCOMPANIED BY A RESPONSIBLE ADULT TO THE CLINIC.** You will be unable to drive to and from the office. Furthermore, you should not drive a vehicle or operate any machinery for 24 hours following the anesthesia experience. Your ride must be present with you at the time of the procedure and be available immediately afterwards. The medication has a very strong amnesic effect and frequently, you do not remember going home; thus taking a cab or bus is NOT permitted.
3. **VALIUM PREMEDICATION.** If you have been given an anti-anxiety premedication, please take the first dose two hours prior to the surgery with a small amount of clear water only. After one hour, take the second dose if the first dose has not taken effect. The medication should make you relaxed, tired and drowsy. If the first dose has a profound effect, **DO NOT TAKE THE SECOND DOSE.**
4. Please do not wear lipstick, excessive makeup, or nail polish on the day of surgery. They can interfere with the monitoring equipment during anesthesia.
5. Please wear comfortable, loose fitting clothing. Shirts should have short sleeves that are not too tight or loose fitting sleeves which can be rolled up past the elbow, as monitoring equipment will need to be applied. Also, be sure to wear low-heeled shoes, since your coordination will be impaired after surgery.
6. If you wear contacts, dentures, or any jewelry, especially on your lips and tongue, please remove them prior to surgery. They can potentially damage your teeth during surgery while you are asleep.
7. If you have an illness such as a cold, active cough, sore throat, stomach or bowel upset within 48 hours of the surgery date, please notify the office.
8. If you take other routine medications, please follow these directions:

High Blood Pressure

All medications for your blood pressure should be taken at their regular scheduled time and dose with a small sip of water only.

Asthma

All regularly scheduled asthma medications should be taken with a small sip of water (if applicable). If you have a rescue inhaler, you will need to take two puffs prior to procedure. Please bring your inhaler to the surgery.

Diabetes

No insulin should be administered the morning of surgery. Low blood sugar while you are asleep is very dangerous and should be avoided. Only half of the normal dose of insulin should be administered the night before surgery. Please check your blood sugar the morning of surgery and remember to bring your glucometer to the surgery appointment.

Antibiotic Premedication

If you have been given premedication for your heart or artificial joints, please take them one hour prior to the surgery with small sips of water only.

Instructions Before Oral Premedication

If you prefer to be relaxed, but not asleep, your doctor has given you a prescription for anti-anxiety medication. Please take the first dose two hours prior to the surgery with a small amount of clear water only. After one hour, take the second dose if the first dose has not taken effect. The medication should make you relaxed, tired and drowsy. If the first dose has a profound effect, **DO NOT TAKE THE SECOND DOSE.**

PLEASE MAKE SURE THAT YOU ARE ACCOMPANIED BY A RESPONSIBLE ADULT TO THE CLINIC. You will be unable to drive to and from the office. Furthermore, you should not drive a vehicle or operate any machinery for 24 hours following the anesthesia experience. Your ride must be present with you at the time of the procedure and be available immediately afterwards. The medication has a very strong amnesic effect and frequently, you do not remember going home; thus taking a cab or bus is NOT permitted.

For this type of anesthesia, you will only be relaxed, but not fully asleep. Therefore, a light meal prior to the surgery is permitted. Additionally, you should take all your medication on your routine schedule.