

## **PREOPERATIVE INSTRUCTIONS**

These instructions are designed to help you prepare for your upcoming surgery.

**IV Sedation/General Anesthesia:** You may have NOTHING TO EAT FOR SIX HOURS before your surgery. If your last meal consists of heavy, fatty foods, it should be EIGHT HOURS before surgery. The reason for this is that we want you to have an empty stomach at the time of surgery to avoid vomiting, which during surgery can be life threatening. You may have NOTHING TO DRINK FOR TWO HOURS before your surgery. Up to that point you can have clear liquids which include black coffee, (no creamer), water, tea, sports drinks.

**Preoperative medication:** You may have been given a Motrin, (ibuprofen) pill. If so, take it two hours before surgery with a sip of water. DO NOT STOP TAKING MEDICATIONS PRESCRIBED BY YOUR PHYSICIAN.

**Transportation:** You must have a responsible adult present for the surgery, stay for the surgery, and be able to drive you home after the surgery. It is also nice, but not mandatory to have an adult available to stay with you through the first evening. It is recommended that two adults accompany children who are receiving Ketamine sedation.

**Piercings/Clothing:** It is recommended that you remove all lip piercings. Tongue and nose piercings and rings, discuss with the surgeon.

**Oral Hygiene:** Please brush your teeth prior to any surgery. Do not swallow any water, just rinse and spit.

**If you are having only a Local Anesthetic:** You may have a normal diet. Be sure to continue your normal medication schedule and take your ibuprofen/Motrin, if provided for you, one hour before with food. You do not need to have a driver unless you choose to.

You will be provided postoperative instructions after your surgery. If you are going to be late or need to cancel or reschedule, please call us at 505-554-2575.