



Pre-operative Guidelines – I.V. Sedation

Important Instructions for Patients Who Will Be Receiving Surgical Care under I.V. Sedation

For your comfort, your surgery will be performed utilizing a combination of local anesthetics and intravenously administered conscious sedation.

For your safety, it is necessary that you follow the instructions below:

1. Take your usual prescribed medications, as well as those that have been prescribed for you in preparation for your surgery. **Do not take any aspirin or aspirin containing medications, vitamin E, K, fish oil, flax seed oil, or other NSAIDS for seven (7) days prior to your surgery. If prescribed by your physician, you must call their office prior to stopping these medications.**
2. Advise us of all medications you are taking, including all over-the-counter drugs. **Do not take any medicines without the doctor's knowledge and approval.**
3. **Do not have anything to eat for at least eight (8) hours prior to your appointment.** It is O.K. to have small amounts of water up to four (4) hours prior to surgery.
4. Please wear loose, comfortable clothing with short sleeves. Do not wear heavy makeup or false eyelashes, and if you wear nail polish or acrylic artificial nails, please remove the nail polish and artificial nail from at least one finger on each hand. If you wear contact lenses, please do not wear your contact lenses the day of your sedation.
5. Please arrive 10 minutes prior to your scheduled appointment time. Late arrival may necessitate rescheduling your surgery and loss of your deposit.
6. You must be accompanied home by an adult who will drive and arrange for responsible supervision for the remainder of the day. We are sorry, but we cannot allow you to drive yourself home.
7. If any disturbances or problems should develop after you leave, please call our office immediately. Parents or guardians of young patients should observe them upon returning home and call us immediately if disturbances or problems should develop.
8. Full mental alertness will not return for several hours after your sedation. Therefore, for the remainder of the day you should limit activity requiring your full concentration. You will not be able to safely or prudently: (a) drive an automobile or operate machinery, (b) undertake business or financial matters or (c) drink alcoholic beverages the day of your sedation. Remaining sedentary as well as the use of a small ice pack on your face can significantly enhance your comfort. Heavy physical activity shortly after your surgery can cause complications and pain.
9. Please notify us if you develop a cold, sore throat, cough, stuffy nose or fever, or any other illness during the days prior to your surgical appointment. If rescheduling your appointment becomes necessary, we would like to have as much advance notice as possible. Please do not wait until the day before, or the day of your surgery to notify us, thinking that you might get better. Our office commonly starts preparing items for your surgery several days in advance, so the lead time related to possible rescheduling is important.

If you have any questions after reading these guidelines, please do not hesitate to call us at (518) 587-7512.