

PREOPERATIVE/POSTOPERATIVE INSTRUCTIONS – Oral or Intravenous Sedation

We require that you have a responsible adult escort you home after your surgery under sedation. Please have your escort available to you for supervision for the rest of the day. Arrange to have the entire day off work and limit your activity. Avoid using any stairs unless you have someone to assist you up or down the steps.

Patients that are undergoing oral sedation may eat and drink before their appointment but the meal or fluid intake should be modest in portion size. Patients that are undergoing intravenous (IV) sedation **MAY NOT** eat or drink before their appointment. You should not eat or drink after midnight. You can drink a very small amount of water when taking the preoperative medications one hour before surgery (just enough to swallow them). We try to schedule IV sedation appointments in the morning. If an afternoon time is needed then do not eat 8 hours prior to your appointment.

Wear comfortable, loose-fitting clothing with short sleeves. If you wear contact lenses please leave them out. Please do not wear nail polish as this will interfere with the monitor placed on your finger to measure your blood oxygen level. If your nails have polish please remove it the night before the appointment. No acrylic nails or remove the acrylic nail on your index or middle finger. Please do not wear jewelry, facial cosmetics or high-heeled shoes.

If you take other prescription medications you should take them as prescribed unless told otherwise. We may contact your physician if it is necessary to withhold your blood thinner. Take any medications with a small amount of water. Diabetics taking insulin will need to modify their dose the morning of surgery. We will coordinate this with your physician. If you are nervous **DO NOT** take your own anti-anxiety or sedative medication. Do not use marijuana/THC products (smoking, gummy) the day before or day of the surgery.

Patients having intravenous sedation will need to recover from the anesthesia medications after surgery (typically 30 minutes but may be longer). Please be aware of this in scheduling your transportation home.

After oral sedation or intravenous sedation you cannot drive an automobile or operate any machinery (kitchen appliances, lawn mower, power tools,...) for 24 hours after recovery. Avoid any alcohol intake or marijuana/THC for at least 24 hours. Even if you feel okay, your reflexes and mental ability may still be affected so it is best to error on

the side of caution. Do not make any important decisions or sign any legal documents the day you return from sedation.

If you have any questions or concerns not discussed in these instructions. We welcome any questions to help you understand your treatment.

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