



Sedation Instructions

NEED A DRIVER. NO EATING, NO DRINKING AFTER MIDNIGHT, PRIOR TO SURGERY.

Thursday Appointments Only

\$200 deposit required to reserve appointment with the anesthesiologist

Full payment is due at the appointment time - Cash, Check, Credit Cards or Care Credit

You must be driven to the office and back home by a responsible adult. Do not plan to operate dangerous equipment for 24 hours after your treatment. Do not take a taxi or bus.

INSTRUCTIONS FOR PATIENT PRIOR TO ANESTHESIA

The instructions herein **MUST** be strictly adhered to before commencing with anesthesia. Neglecting any of the following may compel the doctor to cancel the start of treatment.

- 1. Eating and Drinking:** It is extremely important that patients have an empty stomach prior to anesthesia. There is **NO** eating or drinking after midnight prior to surgery. The anesthesiologist will inform us what is allowed prior to your surgery if you have a 2pm or later surgery. **Please take your regular medications (high blood pressure, etc.) with a SIP of water at your normal time.**
- 2. Medications:** The medications you listed on your medical history will be reviewed by the anesthesiologist. We will inform you if anything will need to be omitted.
- 3. Clothing and Make-up:** SHORT SLEEVES OR NO SLEEVE SHIRTS. Comfortable shoes (no high heels). Loose clothing, no bodysuits. The anesthesiologist needs to be able to attach the monitors under your shirt and a blood pressure cuff on your arm. **Leave all valuables** at home. Please remove nail polish if possible and no make- up please.
- 4. Change in health:** A change in your health, especially the development of a cold or fever is very important. For your safety, you may be reappointed for another day. Please inform the office of any changes in your health prior to your appointment.
- 5. Arriving:** Please arrive 20 minutes prior to your scheduled appointment to complete the necessary paperwork.

AFTER CARE INSTRUCTIONS ON THE BACK

INSTRUCTIONS FOR PATIENT AFTER SURGERY

Follow the instructions below along with the post op instructions given to you in your take home bag.

- 1. Pain:** Depending on the procedure performed, you may experience some discomfort or pain. Take your prescribed medications as directed to minimize this problem.
- 2. Drinking/eating:** As soon as you are able, sip plenty of room temperature clear liquids such as water, apple juice or Gatorade to prevent dehydration. **DO NOT USE A STRAW. NO alcoholic beverages for at least 24 hours.**
- 3. The first time you need to relieve your bladder following sedation, you will become light headed. This is normal. You will need to have someone with you.** Gentleman, please sit down.
- 4. Intravenous site:** A small percentage of all patients experience post-operative tenderness and/or redness in their hand or arm which is a chemical phlebitis associated with intravenous infusion. If this occurs, patient should keep the arm elevated, apply warm (100 degree) moist heat as much as possible, and take anti-inflammatory agent. Should any other unusual situations or questions arise, contact our office immediately.
- 5. At Home:** A responsible adult should be with you until the next day. Do not engage in any physical activity and do not make any major decisions for 24 hours. Prop your head up 2-3 pillows high when lying down.

DO NOT PLAN TO DRIVE YOUR CAR, OPERATE DANGEROUS EQUIPMENT FOR AT LEAST 24 HOURS AFTER YOUR TREATMENT REGARDLESS HOW YOU FEEL.

DO NOT TAKE A TAXI OR A BUS.