

## **Pre-operative Guidelines Patients Who Will Be Receiving Orally Administered Conscious Sedation**

For your comfort, your surgery will be performed utilizing a combination of local anesthetics and orally 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 for at least five days prior to your surgery date.**
2. Advise us of any medications you are taking, even over-the-counter drugs. Please do not take any medicines without the doctor's knowledge and approval.
3. Please **do not have anything to eat for at least 6 hours prior to your appointment.** It is O.K. to have small amounts of clear liquids, but refrain from coffee or tea.
4. Do not drink any alcoholic beverages the day of your appointment. The evening before, do not have more than 1 or 2 glasses of wine or beer, or more than 1 highball or cocktail.
5. Wear loose, comfortable clothing with **sleeves that can easily be drawn up above your elbow.** 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 nails from at least two fingers on your right hand. If you wear contact lenses, please be prepared to remove and store them when you arrive at our office or wear prescription glasses in place of them the day of your appointment. Do not wear your contact lenses for the remainder of the day of your sedation.
6. Please arrive promptly for your appointment. Late arrival may necessitate rescheduling of your surgery. Allow for the usual heavy traffic in planning your departure from home or work so that you can arrive on time. If you are early, the staff will welcome the opportunity to help you relax before your surgery.
7. 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 take a public conveyance or drive yourself home.
8. If any disturbances or problems should develop after you leave our office, you should call our office (or emergency number if after normal working hours) immediately. Parents or guardians of young patients should observe the child continuously upon returning home and call us immediately if disturbances or problems should develop.
9. Full mental alertness will not return for several hours after your sedation. Therefore, for the remainder of the day you should limit activity requiring full concentration power. 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.
10. 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 can be important.

**If you have any questions after reading these guidelines,  
please do not hesitate to call us for clarification at 972-333-6374.**