



PRE-OPERATIVE INSTRUCTIONS FOR IV SEDATION

- Do not eat or drink anything at least 8 hours prior to your surgery appointment.
- Arrange for a responsible caregiver to drive you to and from your surgery appointment. Your caregiver must stay in our office during your surgery and stay with you for at least 6 hours after your surgery. Please ensure your caregiver knows our office location before your surgery appointment.
- Wear comfortable clothing. Dresses or one-piece apparel are not recommended.
- All prescriptions should be filled prior to your surgery appointment.
- All prescriptions should be started after your surgery unless directed otherwise.
- Please continue to take the following medications as prescribed by your medical doctor:

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- We recommend having cold, soft foods ready at home after surgery. Some examples are yogurt, smoothie, Jell-O, pudding, ice cream, or applesauce. Other foods we recommend for when you are ready for a more substantial diet are soups, scrambled eggs, mashed potatoes, and overcooked pasta.
 - We recommend restricting physical activity for 5-7 days after surgery. You may return to work or school as you feel ready, typically 2-3 days after surgery.

If you have any questions regarding your treatment, please do not hesitate to contact us.