

What to do Before Your Sedation Appointment

These instructions are for your safety. If you should have any questions, please call us.

1. Food, Drink, and Smoking

Do not eat or drink anything within 6 hours before your surgery appointment (no liquids including water, chewing gum, or solid food of any kind). If you have eaten within 6 hours of your surgery the intravenous anesthesia used could cause nausea and vomiting during the procedure creating serious complications that can be fatal. Required medications should be brought with you the morning of surgery and will be given to you by your doctor. **Do not smoke** on the morning of surgery. If you are not feeling well, have a fever, or cough please call us to discuss your status.

Directions for your Own Current Medications: _____

2. Transportation

It is required that a responsible family member or friend drive you to your appointment, stay in the waiting area until your surgery is completed, and then drive you home. This person must report with you to the doctor and should be prepared to spend the entire morning at the clinic. If you do not bring someone with you, you will not be treated. You cannot be dropped off and picked up later.

TO HELP WITH YOUR RECOVERY, PLAN ON HAVING A RESPONSIBLE ADULT STAY WITH YOU AT HOME FOR ABOUT 6 HOURS AFTER THE SURGERY.

3. Minors

Any person under the age of 18, who is not an emancipated minor must be accompanied by a parent or guardian who must sign a consent to treatment.

4. Clothing and Valuables

Wear comfortable, loose clothing, and low-heeled shoes. You may be asked to change into a clinic gown, so loose clothing will make it easier to change your clothing before and after surgery. Leave all jewelry and valuables at home. Our clinic is not responsible for any loss or damage of personal items.

5. Makeup

Eye makeup, lipstick, nail polish, or other cosmetics should not be worn. Contacts should be removed.

6. Placement of Monitors

It is necessary to place monitors on the chest, shoulder and/or rib area to continuously check for vital signs. Placing of the monitors may expose the upper chest area to clinic staff. It may also be necessary to remove upper garments and put on a patient gown. This will be done in a discreet area.