

Pre Operative Instructions

- 1. If you are scheduled to have intravenous sedation (twilight sleep):**
You may not have anything to eat or drink (including water) for 8 hours before your appointment. For morning surgery, no food or liquids after midnight the night before surgery.
- 2. If you are scheduled to have nitrous oxide analgesia (N₂O, laughing gas):**
You may not have anything to eat or drink (including water) for 3 hours before the appointment.
3. A responsible adult must accompany the patient to the office, remain in the office during the procedure, drive the patient home, and remain with the patient for a few hours.
4. **GLP-1 agonist medications** (e.g. Ozempic, Mounjaro, Trulicity) - Due to delayed gastric emptying, please start a liquid diet 24 hours prior to surgery and nothing to eat or drink (including water) for 8 hours before your appointment. For morning surgery, no food or liquids after midnight the night before surgery.
5. If you are required to take morning medications, please take them with a **small sip of plain water** 2 hours prior to surgery time. Please discuss all medication regimens with your prescribing physician prior to surgery.
6. Please stop all dietary supplements as soon as possible prior to surgery.
7. Please wear a loose-fitting, short sleeve T-shirt and low heel shoes for surgery.
8. Contact lenses, all jewelry, facial piercings, earrings, and removable dental appliances including dentures must be removed before surgery.
9. Do not wear lipstick, excessive makeup, artificial nails or nail polish on the day of surgery.
10. The use of alcohol, marijuana or recreational drugs can have an adverse effect on the anesthesia medications that we use. These unexpected effects may be detrimental to your safety. Please discontinue the use of such for at least 72 hours before your procedure.
11. No tobacco smoking/chewing for at least 12 hours before surgery. Ideally, cut down or stop smoking as soon as possible before the day of surgery.
12. If you have an illness or change in your medical condition, please notify the office prior to your appointment.
13. If you are unable to keep your surgery appointment, we request notification by phone call 72 hours prior. Failure to do so may result in loss of your surgical deposit.
- 14. Women, please note:**
 - a. Some antibiotics may interfere with the effectiveness of your birth control pills. Please check with your pharmacist.
 - b. If you are unsure of your pregnancy status, please take an at home pregnancy test prior to surgery. You may not have IV sedation or nitrous oxide if pregnant.