

**PLEASE READ CAREFULLY**

**If these instructions are not followed, your surgery may be delayed or cancelled**

- If you are having **intravenous anesthesia (IV SEDATION)**, do not eat or drink anything (including water) for **eight (8) hours** prior to your scheduled surgery
- If you are only having **nitrous oxide sedation (laughing gas)**, do not eat or drink anything for **four (4) hours** prior to your scheduled surgery
- A responsible English-speaking adult, 18 years or older, must accompany the patient to the office, remain in the office during the procedure, drive the patient home and stay with them for several hours until they have fully recovered from anesthesia
- Bring your OHIP healthcard and insurance information to your appointment
- **Do not use any recreational drugs (including marijuana) for at least 2 weeks** prior to having surgery. Withholding this information can result in adverse reactions during anesthesia
- Plan for a responsible adult to stay with you once you arrive home, for **at least 4 hours** to ensure that you are fully awake and no longer groggy
- Please wear loose fitting clothing with short sleeves
- Contact lenses, jewelry, excessive make-up including nail polish must be removed prior to surgery
- If you have an illness such as a cold, sore throat or stomach upset please notify the office at least 1 day prior to your appointment
- If you take routine oral medications in the morning, you must take them with a small sip of water prior to your surgery unless told otherwise by our staff

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