

Before Anesthesia

If you are scheduled to have oral sedation, IV sedation or general anesthesia, please read the following instructions:

- Nothing to eat or drink (including water) for **8 HOURS** prior to your scheduled surgery appointment
- If you develop any sudden illness or cold/flu-like symptoms (sore throat, coughing, nasal congestion) please notify the office in advance
- Please take all regular prescription medications as scheduled with small sips of water, unless you were instructed otherwise during your consultation appointment
- Please wear loose-fitting comfortable clothing with sleeves that can be rolled up past the elbow
- Please do not wear lipstick, heavy make-up or nail polish on the day of surgery
- Contact lenses and jewelry should be removed prior to surgery
- A responsible adult must accompany you to the office, stay for discussion of post-operative instructions and drive you home. Ideally they should stay with you for several hours until you feel well to be on your own
- Refrain from cigarette smoking for at least 24 hours prior to your scheduled surgery
- Refrain from any recreational drug use for at least 2 weeks prior to your scheduled surgery
- Please ensure that you do not drive or operate any heavy machinery for 24 hours following your anesthesia

If you are scheduled to only have **Nitrous Oxide (Laughing Gas)** sedation, please read the following instructions:

- Nothing to eat or drink (including water) for **2 HOURS** prior to your scheduled appointment
- Before the two-hour fasting period you should have a light meal. For example, toast and tea, coffee or fruit juice
- Adults having laughing gas can technically go home alone since the effect of the gas will have completely worn off prior to you leaving the clinic. While not required, it is recommended to have someone with you
- Patients under the age of 18 must be accompanied by a responsible adult
- Please take all regular prescription medications as scheduled with small sips of water, unless you were instructed otherwise during your consultation appointment
- Please wear loose-fitting comfortable clothing with sleeves that can be rolled up past the elbow