



## Pre-Operative Instructions: GENERAL ANESTHESIA / SEDATION

Providing our patients with the finest possible surgical care available is our continuing goal. We take pride in helping our patients have a very positive experience while under our care. The following instructions will help us provide you with the high-quality care that you deserve. These instructions are for those undergoing intravenous anesthesia.

1. **FOR YOUR SAFETY PLEASE DO NOT EAT OR DRINK ANYTHING FOR SIX HOURS PRIOR TO YOUR SURGERY**
2. Do not drink any alcohol or smoke for 24 hours prior to surgery. For optimal healing please stop smoking 2 weeks prior to the day of surgery.
3. If you take routine oral medications, please check with us prior to your surgical date for instructions. In general, you can take your usual morning medications, unless otherwise directed by Dr. Dhaliwal, at least two hours before surgery with a small sip of water. It is particularly important to contact us or your doctor in regards to taking diabetic medications prior to surgery.
4. For your safety, please do not drive your own car to our office on the day of your surgery. You will need to bring a responsible adult to accept postoperative instructions and drive you home and care for you after surgery. Remember, you are not to drive or operate heavy machinery for 24 hours after anesthesia. **Your surgery will need to be rescheduled if your ride does not accompany you time of surgery.**
5. Please do not wear contact lenses. Wear clothing that is loose around your neck and short sleeves or sleeves that are easily rolled up. Avoid high heels, colored nail polish, make-up, or jewelry.
6. Please brush your teeth before you come in. If you use mouthwash, do not swallow it.
7. If you develop a cough, cold, or chest congestion, or otherwise become ill, call the office to as we may need to reschedule your surgery.
8. If you develop an illness, such as, a cold, sore throat, stomach ache or upset bowels, please notify our office. We may need to reschedule your surgery.