

## PREOPERATIVE INSTRUCTIONS FOR IV SEDATION OR GENERAL ANESTHESIA

- *Deep IV sedation or general anesthesia is a type of anesthesia that will result in a temporary loss of consciousness and a complete lack of recall of the event. It has an excellent safety record as an office procedure and medications are given through an IV line. You must follow the instructions below in order to safely have your surgery.*
- ***Do not eat or drink anything 6 hours before your surgery, including water.** If you take any medications on a regular basis, i.e. for high blood pressure or diabetes, you may take your pills with a **tiny sip** of water--**just enough to get the medication down.** Do not drink the entire glass! If you have additional questions, please contact us for advice or clarification.*
- *Do **not** smoke eight (6) hours before your surgery.*
- *On the night before surgery, you should eat a light meal, avoid alcohol, and get a good night's sleep.*
- *You will need an adult driver who must remain present at all times during your surgery and drive you home afterwards. You should not drive a vehicle or operate any kind of machinery within 24 hours after your surgery. You may feel drowsy and should plan to rest that day. Having someone who can assist you at home is highly recommended.*
- *Please wear comfortable, loose-fitting clothing. Tops should have short sleeves or be easily drawn up above the elbows. Please do not wear shorts, high heels, or flip-flops please. You should leave jewelry or other valuables at home.*
- *Please **remove jewelry, nail polish, and makeup** before coming to your appointment.*
- *Patients who are **under 18 years** old must arrive with a **parent or legal guardian** (with proof of legality).*
- *If you have an artificial joint, heart valve replacement, heart murmur or mitral valve prolapse, you **may** need to be premedicated with antibiotics. Please let us know so that we may discuss your health with you!*
- *Please contact the office immediately if you experience symptoms of a cold or an upper respiratory infection. Rescheduling your appointment may be necessary for your safety!*
- *If you are unable to make your appointment, we kindly ask that you contact us at least **24 hours** in advance and we will gladly reschedule you.*



2222 E Highland Ave., Ste 320  
Phoenix, AZ 85016