

PRE-OP INSTRUCTIONS FOR ANESTHESIA IN THE OFFICE

****NOT FOLLOWING THESE INSTRUCTIONS CAN BE LIFE THREATENING**

- **DO NOT EAT OR DRINK ANYTHING** (no life savers, chewing gum, etc.) for **8 hours before your surgery**. Clear liquids (ginger ale, apple juice, water) are allowed up to **4 hours before surgery**.
- You must be **ACCOMPANIED BY A RESPONSIBLE ADULT** who will **REMAIN IN THE OFFICE** during the surgery and who will drive you home. You may not drive yourself or rely on public transportation. In consideration of other patients, please bring no more than two people with you on the day of surgery.
- Arrange for someone to stay with you the night following surgery.
- Please wear comfortable, loose fitting clothing with **short sleeves**. Please wear proper footwear (**no backless shoes, heels, or flip-flops**)
- Do not wear contact lenses, make up, nail polish or jewelry (no watches, ear rings, mouth jewelry, necklaces).
- Please discontinue the use of Viagra, Cialis and Revatio at least 48 hours prior to surgery.
- Continue to take all remaining A.M. prescription medications the morning of surgery (with a small sip of water) unless otherwise instructed by your doctor.
- If you use recreational drugs or drink alcoholic beverages, please refrain from use 24 hours before your surgery.
- Please bring a small blanket for use in the recovery area after surgery.
- Hold all herbal drugs two weeks prior to surgery.

NO CELL PHONES/RECORDING DEVICES PERMITTED IN RECOVERY ROOM

NOTE: Patients who do not follow these instructions will be rescheduled for a future date, potentially incurring a second charge for the anesthetist.

EMERGENCY/AFTER HOURS PHONE# 412-661-7690