

## **General Anesthetic Pre-Sedation Instructions**

For the safe treatment of the patient, the following pre-sedation instructions must be followed very carefully:

### **FOOD & BEVERAGES**

- It is essential for your safety that the stomach be empty at the time of surgery
- Do not eat or drink anything after midnight, the day before your surgery
- EXCEPTION: ONLY sips of water are okay to drink up to 3 hours before your surgery. Absolutely nothing (not even a sip of water) within these three hours of your surgery.
- No gum or mints prior to treatment. Do not drink any alcohol prior to your surgery.

### **MEDICATIONS**

- It is essential to discuss with your surgeon or family doctor whether or not you should take medication(s) you otherwise take on a regular basis.

### **RECREATIONAL DRUGS**

- Absolutely no recreational drugs the day of your surgery. If you come in under the influence of any substance your surgery will be cancelled.

### **TRANSPORTATION**

- Under no circumstance can you drive yourself home. A responsible adult (excluding a taxi driver) must pick you up after the appointment and accompany you home.
- Public transportation is NOT an option.

### **CHANGE IN HEALTH STATUS**

- If your general health deteriorates (e.g., cold, fever, cough, etc.) contact our office as soon as possible.

If you have any questions, please do not hesitate to ask them. It is important that you understand the circumstances surrounding this surgery.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, CALL 604-564-0254