

# **Sedation Preoperative Instructions**

**INTRAVENOUS SEDATION:** Medications are given through a vein, usually in your hand or arm, which will cause sleep and relaxation. You will be very comfortable, and will have very little, if any recall of the surgical procedure.

## **\*\*IMPORTANT INSTRUCTIONS**

### **EATING AND DRINKING:**

**-Morning Appointments:** do not eat or drink anything after midnight (including water).

**-Afternoon Appointments:** eat a small and light breakfast, and do not eat or drink anything for **6** hours before your appointment (including water).

### **MEDICATIONS:**

**-Regular Medications:** If you take daily medications (such as diabetes medicine, blood pressure medicine, asthma inhaler etc.), continue to take these medications as you normally do, unless otherwise instructed. You may take a *small* sip of water to swallow pills.

-Please bring all your medications, inhalers etc. with you on the day of your surgery.

**-For Diabetic Patients:** When going without food or drink before surgery, it is important to check your blood sugar regularly (if you do so at home), to avoid hypoglycemic (low sugar) events. If necessary take a small amount of juice to maintain adequate sugar levels.

### **DRIVING:**

-Because the sedation medications cause prolonged drowsiness, you **MUST** be accompanied by a responsible adult to drive you to and from surgery, and stay with you for several hours until you are recovered sufficiently to care for yourself.

-During recovery time (normally 24 hours), you should not drive, operate complicated machinery or devices or make important decisions such as signing documents, etc.

### **DRESS/JEWELRY/MAKE-UP:**

-Wear comfortable, loose fitting cloths.

-It is preferable to wear a short-sleeved shirt/blouse, so monitors can be more easily placed.

-Do not wear jewelry.

-Do not wear make-up or lipstick.

-Remove colored fingernail polish from several fingers.

### **CONTACT LENSES:**

-Do not wear contact lenses or plan to remove before surgery.

### **ORAL HYGIENE:**

-Brush you teeth and rinse your mouth before your appointment.

### **FOR FEMALE PATIENTS:**

-Medications used for sedation may be unsafe during pregnancy. If there is any chance you could be pregnant, you must inform Dr. Norkin, and a pregnancy test will be offered to you prior to surgery.