



GENERAL PRE-OPERATIVE INSTRUCTIONS

Please read and follow all instructions.

- 1) FOOD & DRINK:** Do not eat or drink anything for 8 hours prior to your surgery time. An exception to this rule is consumption of clear liquids (e.g., water, electrolyte sports drinks or fruit juices without pulp, clear tea) is allowed until 2 hours before your appointment.
- 2) ESCORT:** Please arrange for a responsible adult to escort you to and from the office on the day of your surgery. This should be a friend, relative, partner/spouse, neighbor, or someone you know who will also be available to stay with you for several hours after leaving the office.
- 3) MEDICATIONS:** Please continue to take all routine medications (surgery day morning meds with minimal amount of water) unless instructed otherwise by your surgeon and/or anesthesia provider. Special considerations may exist depending on your medical history and types of medications you are taking.
- 4) TOBACCO/ALCOHOL/RECREATIONAL DRUGS:** Do not smoke, drink alcohol, take any stimulant medications (e.g., Adderall), or use recreational drugs for at least 48 hours prior to your surgery.
- 5) CLOTHING & FOOTWEAR:** Please wear loose, comfortable clothing for your appointment. Do not wear jeans or anything with long sleeves with the exception of top layers that can be removed. Shoes should be easily removable. Please do not wear a dress or any clothing that will impede the placement of monitors.
- 6) ACCESSORIES & MAKEUP:** Do not wear makeup, lipstick, jewelry (rings, earrings, watches, body piercings, necklaces, wrist and ankle bracelets), or contact lenses on the day of your surgery. Lash extensions, artificial nails, and nail polish should be removed prior to your appointment.
- 7) UNDERGARMENT:** For procedures projected to take 3 hours or more, an absorbent undergarment, pad, or Depend product is strongly recommended.
- 8) PERSONAL ITEMS:** Please leave cell phones/electronic devices/personal belongings either at home or with your escort/driver.