



## **Anesthesia Preoperative Instructions**

### **GENERAL ANESTHESIA**

Medications are given through a vein in your arm or hand, which will cause relaxation and, although you may or may not actually be unconscious, there will be very little recall (if any) of the events surrounding surgery. You will also be given local anesthesia with your sedation.

1. **Do not eat or drink anything** (including water) for six (6) hours prior to surgery. **However**, it is important that you take any regular medications (high blood pressure, antibiotics, etc.) or any pre-medication prescription that we have provided, **using only a small sip of water.**
  - For morning appointments, skip breakfast.
  - For afternoon appointments, eat a light breakfast seven (7) hours before your appointment and skip lunch.
2. If you wear contact lenses, please remove them for the surgery and be sure to bring your glasses.
3. Plan to rest for several hours after surgery. Do not operate power tools, machinery, etc., for 24 hours after surgery.
4. If you develop a chest or head cold with breathing difficulties or coughing the week before the surgery, please call the office and notify the doctor as your surgery may need to be rescheduled.
5. You **MUST** have someone drive you home and they **MUST** be here for the entire appointment.

*Our goal is to provide you with a safe, pleasant and effective anesthetic. In order to do this it is imperative that we have your full cooperation. Please feel free to ask or call about any questions concerning your surgery or anesthetic.*