

# OFFICE ANESTHESIA SERVICES, LLC

## **Pre and Post Procedure Instructions**

### Pre-procedure Instructions:

1. Fasting: Nothing to eat or drink after mid-night prior to your surgery. This is for your health and safety.
2. Medications: Take your regular medications with a sip of water unless instructed otherwise.
3. Clothing: Please wear a short sleeved, loose fitting t-shirt. You may bring a zip-up sweatshirt or small blanket if desired. If your procedure is scheduled for more than 3 hours, please wear a disposable protective undergarment.
4. Please leave all jewelry and valuables at home.
5. Illness: If you become sick (cough, fever, asthma attack) in the week prior to your procedure, please contact us and your dentist immediately.

### Post-procedure Instructions:

1. You must have someone with you the day of your procedure. You should not be left alone. You should not drive or operate any machinery, or make any legal decisions the day of your procedure.
2. Eating/drinking: you may start with clear liquids and advance diet slowly as tolerated. If you feel nausea or experience vomiting, please wait at least 15 minutes before trying anything else. Avoiding spicy and greasy foods the first day is advised.

Please call if you have any questions or concerns.