

# Pre- Operative Instructions

## Things to Know Prior to Surgery

First, we would like to thank you for choosing our practice for your treatment. We know undergoing any procedure is stressful, and our ultimate goal is to do everything we can to make this a pleasant experience for you.

The following instructions will help you prepare for your upcoming appointment. In addition, please feel free to contact our office if you have any further questions regarding your procedure.

1. If undergoing general anesthesia, you must refrain from eating and drinking (this includes water) completely for at least **8** hours prior to surgery.
2. If you have any medications that you need to take, you can do so with a small sip of water, unless advised otherwise by your doctor.
3. A responsible adult will need to attend your appointment with you. **You will be unable to drive for 24 hours following the procedure.**
4. Wear loose fitting clothing and short sleeves when possible. Also remember to bring a light sweater or jacket with you.
5. Please **remove** any finger nail polish prior to undergoing general anesthesia.
6. We will send your prescriptions to the pharmacy and they will be ready for pick up after your surgery. Please contact your pharmacy before picking up to make sure they are ready.
7. Have soft foods available in your home for after surgery.  
Examples: jello, yogurt, mashed potatoes, pancakes, and soup.
8. Have ice packs available.