

## Pre Operative Instructions

Written by Administrator

Sunday, 19 October 2008 18:16 - Last Updated Monday, 07 February 2011 17:07

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- Patients who choose to be sedated may **not** take a taxi, bus, or drive yourself home following your surgery.

*Please make sure your escort understands that he/she may not leave the office until you are discharged from recovery, and they need to stay with you a few hours upon arriving at home.*

- **No food or drink** for 6 hours prior to surgery, this includes gum, mints, and candy.
- No contact lenses, nail polish or jewelry.
- Wear a short sleeve shirt and flat shoes (no sandals).
- If you have long hair, do not put it in a pony tail.
- You may brush your teeth, but do not swallow the water.

### Special Instructions:

- Patients who require antibiotic pre-medication, should take the medication 1 hour prior to the appointment with a small sip of water.
- Patients who take high blood pressure medicines, should take these with a sip of water at your usual time.
- Diabetic patients on oral medicines should **not** take these the morning of surgery.
- Diabetic patients on insulin should take 1/2 the normal dose of long acting insulin and hold the morning dose of regular insulin the day of surgery.
- Diabetic patients must bring thier glucometer and insulin with them.
- Asthmatic patients must bring their inhaler with them.

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- Patients with complex medical histories will need to be seen prior to surgery for a consultation to determine specific preoperative instructions.

***Please feel free to call our office with any questions.***