



## **IN-OFFICE ANESTHESIA INSTRUCTIONS**

### **BEFORE YOUR PROCEDURE:**

#### **DO NOT:**

- Eat or drink anything for 8 hours prior to your scheduled procedure.
- Consume alcohol within 24-hours prior to your scheduled procedure.

#### **YOU SHOULD:**

- Take your prescribed medications with a sip of water at the prescribed time.
- Arrange for transportation home from your procedure. You will not be permitted to leave the office unaccompanied after receiving IV sedation.
- Arrive at the office 20 minutes before your scheduled procedure to fill out preoperative paperwork.
- Notify the anesthesia provider during your pre-procedure interview of any recent changes to your health. (Examples of changes would be: a cold, cough, sore throat, fever, vomiting, diarrhea, etc.)

**YOUR PROCEDURE MAY BE CANCELED OR RESCHEDULED IF THE ABOVE INSTRUCTIONS ARE NOT FOLLOWED.**

### **FOLLOWING YOUR PROCEDURE:**

- Move about slowly and cautiously for at least two hours following your procedure.
- Your first meal should be light, such as soup, crackers, cheese, yogurt, or fruit. Once you feel up to eating you may try to resume normal diet.
- To avoid upsetting your stomach, it is recommended that you take with food any oral pain medications that might be ordered by your provider or doctor.
- Plan to rest at home for the remainder of the day and avoid driving a motor vehicle, operating machinery, etc.