Pre-Operative Instructions: Before Intravenous Sedation

If you are having IV sedation (being “put to sleep”), please read and follow these instructions very carefully. They are extremely important to help ensure your safety during anesthesia.

- **Do NOT** eat or drink *anything* (including water, candy, gum, or mints) for *eight* hours prior to your appointment. You may brush your teeth the morning of surgery.

- No chewing tobacco for eight hours prior to your appointment. Additionally, if you are a smoker, do not smoke for at least 12 hours before surgery.

- Do not wear contact lenses, jewelry, dark nail polish, and/or excessive cosmetics.

- Please wear loose-fitting clothing with short sleeves or sleeves that can easily be rolled above the elbows.

- If you regularly take medication in the mornings, follow the instructions given to you at your consultation appointment by Dr. Jungbluth. Generally, important medications (such as blood pressure medication) can be taken at the normal time with a small sip of water. Patients taking blood thinners or medication for diabetes require special consideration—this should be discussed with Dr. Jungbluth. Contact the office if you have further questions.

- Patients with asthma should bring their inhalers with them on the day of surgery.

- If you have a head or chest cold, sore throat, cough, or other illness, please call the office as an appointment change may be necessary. It is not safe to undergo IV sedation with an upper respiratory infection.

- Arrange to have a responsible adult accompany you the day of surgery. This individual must remain in the reception area during the entire surgery. They *cannot* drop you off and pick you up. They must stay in reception area until the surgery is finished at which time they will brought into the recovery area to sit with you while you recover from anesthesia. If there is no one to sit with you during your recovery and drive you home, we will not be able to perform your surgery with IV sedation.

- You should not drive, operate machinery, or make important decisions for 24 hours after receiving anesthesia.

- If you need to cancel or change your appointment for any reason, please remember to inform our office as early as possible so other patients can use this time for their care.

- Please arrive at least 15 minutes prior to your scheduled surgery time.

- If you have any additional questions, please contact the office. We will be happy to assist you!