

### Local Pre-Anesthetic Instructions

You are scheduled to have surgery that will use local anesthesia. Please follow these instructions in preparation for the procedure:

- You may eat or drink prior to your appointment.
- Do not smoke or eat any marijuana products for 72-hours prior to your appointment.
- Any necessary medications may be taken prior to procedure. **However, make sure your doctor is aware of all medications you have taken in the 24-hour period preceding your surgery.**
- If you are of age, you can drive yourself home after the surgery.
- If the patient is a minor, a parent or legal guardian must wait for the patient and be able to drive the patient home after the procedure.
- Please wear loose, comfortable clothing with short sleeves. If possible, leave rings and other jewelry at home and wear only a minimal amount of makeup.
- If you wear contact lenses, please leave them out or have the items needed to remove them prior to surgery.
- If you are breastfeeding, please let your doctor know prior to the procedure.
- If necessary, a prescription for pain medication will be given to you before you leave the building. You may fill this prescription at the pharmacy of your choosing.
- Do not ignore a head or chest cold when surgery is to be performed, as a change of appointment may be necessary. Please call to consult your doctor about your symptoms.
- We recommend that you avoid seeds, nuts, and popcorn.
- Suggested foods to have available at home the day of surgery are:
  - ✓ Yogurt
  - ✓ Ice cream
  - ✓ Pudding
  - ✓ Jell-O
  - ✓ Ginger ale
  - ✓ Other soft, non-spicy foods