

## IV Sedation Pre-Anesthesia Instructions

**\*To respect the privacy of our patients and staff, we kindly ask that NO photography or videography takes place in surgical rooms at any time.\***

### Before Your Appointment

- **Do not eat or drink anything after midnight (at least 8 hours before your scheduled surgery).**  
Failure to follow these instructions may result in cancellation of your procedure for your safety.
- **If taking GLP-1 medications (such as Ozempic, Wegovy, Rybelsus, Trulicity, Mounjaro, Zepbound, etc.), please follow the provided fasting schedule below:**
  - **24 hours before surgery:** Clear liquids only (examples below).
    - Water, Clear broths, Apple juice, White grape juice, Clear sports drinks, Plain tea or black coffee (no milk or cream).
  - **12 hours before surgery: Nothing by mouth** — no food, drinks, gum, or mints.
- **Medications:** Only essential medications may be taken the morning of surgery with a **small sip of water** (just enough to swallow pills).
  - **Notify your surgeon** if you are taking **blood thinners**. In most cases, it is **not necessary to stop blood thinners**, but your surgeon must be informed.
- **Do not smoke or consume any marijuana products** 72 hours before your procedure.
- **Do not take any medications containing benzodiazepines (such as Ativan, Valium, or Xanax)** for at least **72 hours** prior to your procedure, as they can **adversely affect anesthesia**.

### Transportation Requirements

- You **must have a responsible adult** (18 years or older) drive you to and from your appointment.
- That person must **remain in the office** during your surgery and be available to drive you home.
- You **may not drive, operate machinery, or make important decisions** for 24 hours following IV sedation.
- If the patient is a **minor**, a **parent or legal guardian** must:
  - Sign all consent forms
  - Remain on-site during the procedure
  - Drive the patient home after surgery.

### What to Wear and Bring

- Wear **loose, comfortable clothing** with **short sleeves** to allow easy access for monitoring equipment and IV placement.
- **Remove any dark nail polish and any thick or long acrylic nails**, as they can interfere with the oxygen (O<sub>2</sub>) monitor's ability to accurately measure blood oxygen levels.
- Leave **rings and other jewelry** at home and wear **minimal makeup**.
- If you wear **contact lenses**, please remove them before surgery or wear glasses.

## Health Considerations

- **Do not ignore a head or chest cold**, as anesthesia may need to be postponed for your safety.
- If you are **feeling sick with a fever, cough, chest cold, or congestion** before surgery, **notify our surgical team right away** so they can determine if your appointment needs to be rescheduled.
- If you are **breastfeeding**, please notify your doctor before the procedure.

## After Your Procedure (all prescriptions will be sent **FOLLOWING** your procedure)

- If needed, a **prescription for pain medication or antibiotics** will be electronically sent to your pharmacy.
- Please allow **2–4 hours for your pharmacy** to fill your prescription and **contact your pharmacy directly** with any questions about fill times or availability.
- You may experience some **drowsiness or lightheadedness** after sedation — this is normal.
- Plan to **rest quietly at home for the remainder of the day** and have a responsible adult stay with you until you are fully alert.

## Suggested Foods

### For the day of surgery (cool, thick, soft foods while numb)

- Yogurt, Ice cream, Pudding, Jell-O, Custards, or other soft non-spicy foods.

### For the week following surgery

- Pancakes, Soft fish, Well-cooked pasta, Scrambled eggs or any foods you can cut with a cheap plastic fork. **NO SEEDS, NUTS OR POPCORN.**

**If you have any questions or concerns, please contact our office prior to your procedure.**