

# Pre-operative IV Sedation Instructions

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- Nothing to eat or drink after midnight the day before or 8 hours prior to surgery (not even water)
- If you take routine medications for conditions such as Hypertension, please continue to do so with as little water as possible. Please inform your surgeon of all medications you have taken prior to surgery.
- Wear short sleeves and comfortable, loose-fitting clothing.
- No dark nail polish.
- No perfume/cologne.
- There **MUST** be a responsible person here to accompany and drive you (the patient) home after surgery.
- To prepare yourself following surgery: please have ice packs (to reduce swelling) and soft foods and liquids (no straws) for 5 to 7 days following surgery.
- No smoking or recreational drugs for a minimum of 72 hours prior to surgery and for a minimum of 72 hours following the surgery.



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**Your next appointment is on**

\_\_\_\_\_ at \_\_\_\_\_

*If unable to keep this appointment please give 3 business days notice.*

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