

PRE SURGERY INSTRUCTIONS

Please read everything below carefully prior to your surgery. If you have any questions or concerns, please contact our office at 925-689-8500.

BEFORE IV ANESTHESIA

- The patient may not have anything to eat for eight (8) hours prior to the surgical appointment. Drinking a small cup of water is permissible.
- If you have an illness such as a cold, sore throat, stomach or bowel upset, please notify the office to reschedule.
- If prescribed and as needed, please apply a thick layer of numbing cream on **both** arms in the “elbow pit” area 1-2 hour prior to surgery and saran wrap it. This is done to minimize discomfort with an IV placement. Apply the cream about an inch above and below the elbow pit crease (red circle) as demonstrated in the picture below.



- If prescribed and as needed, take 1-2 tablet of Valium (diazepam) or Ativan (lorazepam) to help with anxiety 1 hour prior to surgery. Do not drive if you're taking this medication.
- Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
- Please wear something comfortable such as a T-shirt and tennis shoes.
- Contact lenses, jewelry, and dentures must be removed at the time of surgery.
- If applicable, all smoking is to be avoided for at least two weeks prior to and after any surgical procedure.
- If you take routine medications, please check with your surgeon prior to your surgical date for instructions.
- If you take any blood thinners, please follow your prescribing doctor's instructions regarding its use before and after surgery.
- A responsible adult must accompany the patient (before & after surgery), remain in the office during the procedure, and drive the patient home.
- The patient should not drive a vehicle or operate any machinery for 24 hours following the anesthesia experience or after any sedative or narcotic pain medication use.

BEFORE LOCAL ANESTHESIA or ORAL SEDATION

- Have a light meal a few hours prior to surgery.
- For oral sedation patients, please come 20 minutes prior to your appointment and have someone accompany you and drive you to and from our office.
- If prescribed, take 1 tablet of Valium (diazepam) or Ativan (lorazepam) to help with anxiety 1 hour prior to surgery. Do not drive if you're taking this medication.
- If you take routine medications, please check with your surgeon prior to your surgical date for instructions.
- If you take any blood thinners, please follow your prescribing doctor's instructions regarding its use before and after surgery.
- Plan to rest for a few hours after surgery with someone available to be with you.