

## Instructions prior to having general anesthesia

- **Do not eat or drink anything** for 8 hours prior to your scheduled appointment. You may brush your teeth before surgery. Medications may be taken with a sip of water.
- Wear loose, comfortable clothing with short sleeves.
- Make-up and contact lenses are not to be worn on the day of surgery. Please leave jewelry and valuables at home.
- Smoking is to be avoided before and after surgery to ensure optimal healing.
- Bring someone with you who can wait in our lobby while you are in surgery and then escort you home.
- Make arrangements for someone to stay with you at home for the remainder of the day.
- Plan to rest for the remainder of the day.
- Do not plan on driving or working for at least 24 hours following surgery.
- If you develop a cold or physical illness before your appointment, please notify our office as soon as possible prior to your, appointment.
- If you need to reschedule your appointment, please inform the office at least 24 hours in advance.