



Pre-Anesthesia Instructions

In order to facilitate your planned surgical procedure, you and Dr. Beale have elected to use some type of anesthesia. All anesthetic plans with exception of Laughing gas (Nitrous oxide) require an escort (someone over the age of 18 with whom you trust) to take you home from the planned procedure. This individual should plan on staying with you the rest of the day.

Oral Sedatives or Anxiolysis:

Patients can eat a light meal prior to the procedure if necessary, although it is preferential to refrain from eating and drinking prior to the procedure.

IV Sedation or Deep Sedation:

1. Do not drink any alcoholic beverages or participate in any recreational drug usage at least 24 hours prior to your surgery.
2. No oral intake (food or beverage) for 8 hours prior to the appointment. Many of the appointments are in the morning so the standard cut off is **midnight** prior to surgery.
3. Any medications that you were instructed to continue as necessary medications can be taken with a sip of water.
4. Wear loose, comfortable clothing (preferably a short sleeve shirt or blouse). If you wear a sweater have a short sleeve shirt underneath so you can remove the sweater upon arrival for your appointment.
5. Women: Do not wear lipstick or fingernail polish.
6. Women of child bearing age cannot be pregnant. If you think you might be pregnant it is **recommended** that you **take a pregnancy test** prior to your surgery involving anesthesia.
7. Most importantly try not to worry about your procedure. Dr. Beale and his caring team strive to make this a comfortable experience for you.