



Pre-Operative Instructions: IV Sedation

Please read these instructions carefully before your appointment.

Arrival & Check-In

Please plan to arrive 15 minutes before your scheduled appointment time to allow for check-in and preparation. If you are under 18, a parent or legal guardian must be present for the appointment.

A Driver Is Required

Because IV sedation affects your ability to safely drive, walk, or make decisions afterward, you must have a responsible adult drive you to and from your appointment. Your driver should plan to remain in the office during your procedure and stay with you for the rest of the day. We are not able to proceed with sedation without a driver present.

Eating & Drinking

To keep you safe during sedation, please follow these guidelines:

- **Up until 6 hours before your appointment:** You may have a light meal — dry cereal, crackers, a plain bagel, toast or English muffin with a thin layer of jam, oatmeal made with water, applesauce, or a piece of fruit. Avoid fried, fatty, or heavy foods.
- **Up until 2 hours before your appointment:** Water is allowed.
- **After that:** Nothing by mouth — no food, drinks, gum, or mints.

Not following these guidelines can lead to serious, potentially life-threatening complications, so please follow them closely.

What to Wear

- Comfortable, loose-fitting clothing with a short sleeve or sleeve that can be rolled up, for IV access
- Flat, closed-toe shoes
- No nail polish or acrylic nails, so we can accurately monitor your oxygen levels
- Please avoid heavy makeup or lipstick
- Please remove contact lenses, jewelry, and facial piercings (if possible) before your appointment
- Feel free to bring a sweatshirt or blanket to use after your surgery

Tobacco & Marijuana

Please stop using tobacco products for at least 24 hours before your appointment, and avoid marijuana for at least 72 hours beforehand. Both can interact with sedation and affect your safety during the procedure.

Your Medications

Continue your normal, everyday medications as usual unless your surgeon has instructed you otherwise — you may take them with a small sip of water. If you take a blood thinner, a weight loss medication, or have diabetes, please discuss this with your surgeon ahead of time, since your instructions may be different. If you have asthma, please bring your inhaler with you on the day of surgery.

After Your Sedation

Plan to rest for the remainder of the day. Do not drive, operate machinery, make important decisions, or sign legal documents for 24 hours after your procedure. A responsible adult should stay with you during this time.

Rescheduling

If you need to cancel or reschedule for any reason, please notify our office at least 48 hours in advance. Please also let us know right away if your health changes before your appointment, if you develop a cold, cough, or fever, or if you suspect you may be pregnant.

Questions before your visit? Call us at (847) 367-4190.

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