

PATIENT PRE-OP IV SEDATION INSTRUCTIONS:

- Please do NOT have **ANYTHING to eat or drink** (including water) for 8 hours prior to the appointment.
- No smoking for at least 12 hours before surgery. Please cut down or stop smoking as soon as possible prior to the day of surgery.
- A responsible adult **MUST** accompany the patient to the office, **REMAIN** at the office during the procedure, and drive the patient home. Someone should stay with the patient for at least 4-6 hours after the surgery to assist them.
- Please remove contacts and jewelry prior to appointment.
- The patient should not drive a vehicle or operate any machinery for 24 hours following the anesthesia experience.
- Please wear loose fitting clothing with sleeves that can be rolled up past the elbow.
- Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
- If the patient has an illness such as a cold, cough, sore throat, stomach or bowel upset, **PLEASE** notify the office prior to the surgery.
- If you take routine oral medications, please check with the doctor prior to your surgical date for instructions. In most circumstances, your medication should be continued the day of your surgical procedure. Please do not alter your normal medication schedule unless Dr. Nordstrom or your General Physician instructs you to do so.

Please call (907) 222-5052 with any problems or questions.