

PATIENT PRE-OP GENERAL 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 you to the office, **REMAIN** at the office during the procedure, and drive the patient home. Someone should stay with you for the next few days after the surgery to assist.
- You should not drive a vehicle or operate any machinery for 24 hours following the anesthesia experience or while on pain medication.
- Please wear loose fitting clothing and slip on shoes. You will be changing into a surgical gown upon arrival.
- Contact lenses, jewelry, and dentures must be removed prior to surgery.
- Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
- If you have 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 instructs you to do so.
- For Women only:
 - No metal may be worn, so please wear a sports bra on the day of surgery or a bra without a metal wire or clasp.
 - The anesthesiologist requires a pregnancy test to be taken the day of surgery, so try not to use the restroom right before you come in.

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