

PATIENT INFORMATION FOR IV SEDATION

The following instructions are provided to assist patients scheduled for surgery with intravenous sedation.

Pre-operative instructions-

1. **Do not eat or drink anything for 6 hours** prior to your appointment, except to take necessary medication.
2. Make arrangements for someone to drive you to and from the surgery appointment. We would prefer that your ride stay at the office during the procedure, but if they must leave, we will need a phone number where they can be reached.
3. Wear comfortable, short-sleeved clothing to your surgery appointment. WE recommend that you wear shoes with laces, as opposed to sandals or flip-flops.
4. Brush your teeth well the morning of surgery, and don't wear retainers or other removable appliances.
5. Please remove any colored nail polish.
6. Try to arrive a few minutes before your appointment and use the restroom.

Post-operative instructions-

1. We strongly recommend that a responsible adult remain with you for the first 24 hours following your surgery.
2. For the remainder of the day of surgery you must not:
 - Drive an automobile
 - Drink alcohol
 - Operate machinery
3. For the rest of the day, try to avoid hot foods. Your diet should consist of foods that are both soft and cold. Examples of these types of foods would be, yogurt, ice cream, applesauce, pudding.
4. Ice packs on the outside of your face are strongly recommended today: 20 minutes on—20 minutes off, all day.

If you have any questions or concerns, please call Dr. Minnoch at (425) 709-7171