

# Instructions for All Intravenous Sedation Patients

For your safety and protection, please follow these instructions carefully:

## THE DAY BEFORE YOUR SURGERY

- DO NOT eat any solid food or drink any liquids AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY. Not following these instructions may be life threatening.\*
- The night before surgery, eat a light, easily digestible meal and consume NO alcoholic beverages.
- Drink eight (8) glasses of water or juice throughout the day.
- No smoking - Nicotine is a vaso constrictor that delays healing and impairs lung function. Refrain from smoking for one week prior to surgery and for two weeks after.
- Plan who will accompany you to your surgery. Plan your menu after your surgery and have the recommended "post-surgery" foods on hand prior to your surgery.
- If you have been given Peridex, start rinsing two days before surgery, two times a day.
- TRY TO RELAX  
We will take good care of you.

\* For afternoon appointments, you may drink water, apple juice or coffee with nondairy creamer as long as you stop 3 hours before your appointment (no solid food).

## SURGERY DAY

- **DO NOT EAT OR DRINK\***
- Wear comfortable, loose fitting clothing. Short sleeves are helpful.
- Please take any prescribed blood pressure or heart medicines as you normally would with a small sip of water. Diabetic and patients on Coumadin will be given separate instructions.
- A responsible adult must accompany you to your appointment and remain in the office with you until you are discharged from our care. We recommend that you have someone stay at home with you for several hours on the first day of surgery.
- Please REMOVE contact lenses, dental appliances and jewelry prior to being seated.
- Clean your mouth and teeth well prior to surgery. If you have been given Peridex, rinse with it the morning of your surgery. These steps will prevent infections and speed your oral healing.

## POST SURGERY

- Go home and rest. You should NOT work, drive or operate machinery for 24 hours after you have had intravenous sedation. Do NOT drive or operate machinery while taking narcotic pain medicine you may have been prescribed.
- Begin taking any medications that Dr. Welch has prescribed for you.
- Eat soft, cool foods for the first 24 hours after surgery: yogurt, applesauce, ice cream, Jell-O, and pudding. After 24 hours, and for the next seven (7) days, eat soft, cooled down foods: oatmeal, eggs, pasta, soup, potatoes, cottage cheese, and fish. Have these foods on hand prior to your surgery date, as well as crushed ice or bags of frozen vegetables (peas/corn) to use for possible swelling after the procedure.
- If you have been given Peridex, rinse with it twice daily for five (5) days following surgery. This will help speed your oral healing.