

PRE-OPERATIVE INSTRUCTIONS FOR GENERAL ANESTHESIA/IV SEDATION

Please note: these instructions are for Dr. Shah patients only. If you are scheduled for surgery with another physician and do not have instructions, please call our office or visit our website for those instructions.

1. **Do not eat or drink anything (including water, mints or gum) 8 hours prior to surgery.** Please brush your teeth and rinse thoroughly.
2. **Unless instructed otherwise, please take your regular home medications with a very small sip of water** to help you swallow your pills. (See back page for medication FAQ's)
 - If you are given prescriptions at your consultation appointment, these are for AFTER your surgery unless instructed otherwise by Dr. Shah. Please fill the prescriptions 1 week prior to surgery so they are readily available for when you arrive home the day of surgery. *Please do not throw away or misplace them.*
 - Please be aware that while taking antibiotics, birth control pills may become ineffective. Check with your primary care physician about other forms of contraception if necessary.
 - **PATIENT SPECIFIC INSTRUCTIONS:**
3. Refrain from smoking or vaping tobacco, marijuana or consuming edibles of any kind for 3 days prior to surgery.
4. Please remove any acrylic or gel nails prior to surgery. (At least one finger on each hand).
5. Contact lenses should not be worn day of surgery.
6. **A responsible adult must ACCOMPANY you, REMAIN in the reception area, and DRIVE you home.** Surgery WILL NOT BEGIN until the escort is in the reception area and the vehicle is in the parking lot. The patient should not drive, operate power tools, machinery, etc for at least 24 hours after surgery.
7. **Please arrive 15 minutes prior to your scheduled appointment time.** If you are late or do not have a driver present, your appointment may be rescheduled. Failure to provide adequate notice or not showing for your appointment may result in a rescheduling fee.
8. **Visitors are not allowed in procedural areas.** For patients under 18, one parent or guardian may be asked to come back to sign the consent form and then promptly return to the waiting room.
9. **Loose clothes should be worn** to facilitate the starting of the IV and placement of medical monitors. Please ensure sleeves can be comfortably pulled up past the elbow.
10. Please review the surgical consent and procedure videos on our website at www.naofs.com.
11. Please call and give 48 hour notice for cancellations. We reserve the right to cancel or postpone surgery if instructions are not followed.

Pre Operative FAQ's

Why can I not eat or drink anything for 8 hours prior to surgery?

Rules about when to stop eating and drinking are created to keep patients safe! It is very important for every patient to have an empty stomach before any surgery or procedure that requires sedation/anesthesia, for two reasons: 1. To prevent nausea. 2. To keep any food or liquid from getting into the lungs (also known as aspiration). Please remember that unless directed otherwise, you **MAY STILL TAKE YOUR NORMAL DAILY MEDICATIONS WITH A SMALL SIP OF WATER**. If you have questions on whether or not you should take a specific medication, please call the office.

I am diabetic. What special instructions do I need?

If you are diabetic, please take your medications as scheduled to avoid blood sugar being too high for the procedure. The only exception is short acting insulin that is taken with food; please hold this. If you have a low blood sugar the morning of surgery you may have a small amount of CLEAR liquids up to 2 hours prior to procedure. (EXAMPLES: Fruit juices without pulp, such as grape juice, filtered apple juice, and cranberry juice. Clear sodas, such as ginger ale and Sprite. If your blood sugar is low within 2 hours of your procedure time you may eat/drink to treat it and call to reschedule surgery.

I am on blood thinners. Do I take them or hold them?

Dr. Shah will either tell you directions for your blood thinners at your consultation appointment OR his nurse will call you with directions after consulting with your physician that manages your blood thinners. Please call the office if you are uncertain.

When do I start my antibiotic or other medications?

The antibiotic and any other prescriptions given at your consultation appointment are for AFTER the procedure UNLESS you are directed otherwise by Dr. Shah at during your consultation appointment. Please call the office if you are uncertain.

If you have been told in the past that you need to premedicate for dental work (ie: have had a joint or valve replacement) you will be given IV antibiotics the day of your procedure unless directed otherwise by Dr. Shah.