

# Care Guide: Before Anesthesia

1. Come in on the day of your surgery with an empty stomach.
  - You should not eat or drink anything for eight hours prior to your surgery.
  - If your surgery is late in the day, a light breakfast is okay if consumed eight hours or more prior. (Example: A breakfast of tea and toast at 6:00 a.m. is acceptable for a 2:00 p.m. surgery.)
2. If you regularly take oral medications, be sure to take them normally as prescribed, with just a small sip of water (for example, blood pressure pills).
  - If you are diabetic, you may need to alter your usual medications when fasting. Please check with your surgeon if this applies to you.
  - If you use an inhaler, please bring it with you on the day of your surgery.
3. Please inform our office if you have had a recent change in your medical information, such as a cold, cough, fever, infection, heart attack, or pregnancy.
4. You will need an escort for your procedure.
  - A responsible adult should accompany you to the appointment, stay throughout the surgery, and take you home afterward.
  - It is best to have someone available the rest of the day after the surgery in case you need assistance.
  - After your procedure, you should not drive a vehicle or operate machinery for 24 hours following your anesthesia experience.
5. Patients who are under 18 years of age must be accompanied by a parent or legal guardian.
6. Do not wear contact lenses to your surgery appointment. Jewelry may also need to be removed for the surgery.
7. Wear loose-fitting clothing with sleeves that can be rolled past the elbow and flat or low-heeled shoes. Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.