

INSTRUCTIONS FOR GENERAL ANESTHESIA

1. **Do not eat or drink** from midnight prior to appointment.
2. Do not smoke from midnight prior to surgery.
3. Remove all eye **make-up, nail polish, contact lens** and **loose dentures**. No flip flops are to be worn.
4. Wear comfortable clothing with a **short sleeve** blouse or shirt.
5. **A responsible adult must drive you to the office, remain in the office to sit with you in recovery room, drive you home after surgery and stay with you during your recuperation.**
6. **A parent/legal guardian must come with anyone under 18.**

POST OPERATIVE PREPARATIONS

1. Crushed ice and ice packs for first 48 hours.
2. Soft foods (yogurt, applesauce) soups, frequent snacks.
3. Carbonated beverages (coke, pepsi, ginger ale).
4. Adjust work schedule to allow for recovery.
5. **No smoking for one week after surgery. Do not use straws.**