

PATIENT PREPARATION FOR TREATMENT UNDER ORAL OR IV SEDATION

There are **important safety rules** that must be followed in preparation for receiving treatment under sedation. Failure to complete these necessary requirements may result in the cancellation of your appointment.

BEFORE YOUR SURGERY

Food & Drink

- ➔ DO NO EAT OR DRINK AFTER MIDNIGHT the night before surgery. This includes gum, candies, etc.
- ➔ For Afternoon Patients only
 - On the day of surgery, you may drink very early in the day, but CLEAR fluids only.
 - CLEAR fluids include water, apple juice, plain coffee, or tea (no milk or sugar).
 - Do not drink any pop, dairy & dairy-like products. This includes avoiding any coffee/tea with milk or cream.
 - You must STOP DRINKING altogether 3 HOURS before your surgery.
 - e.g. If your surgery is at 2pm, stop drinking at 11am.
- ➔ Patients with diabetes will be given special instructions regarding fasting from Dr. Specht's team. Typically, appointments for diabetic patients will be scheduled early in the day. Please bring your glucometer.

Alcohol, Smoking & Recreational Drugs

- ➔ Alcohol and recreational drugs must be avoided for a minimum of 24 hours before surgery.
 - The combination of recreational medication with the sedative medications can have fatal consequences.
- ➔ Do not smoke/vape for 12 hours before your surgery.

Why do I need to follow instructions about eating and drinking before surgery?

- ➔ This is for your safety to prevent food or fluid from going into your lungs (aspiration). When food is in your stomach too close to your surgery time, you may vomit. If this happens, the vomit could spill into your lungs (aspiration) and affect your breathing as well as cause damage to your lungs. Aspiration can have deadly consequences.

ON THE DAY OF SURGERY

No Driving

You must be accompanied by a responsible adult to the clinic as you may not drive for 24 hours following surgery. They must accompany you home and spend the remainder of the day with you. While you may take a taxi home, the taxi driver cannot be your responsible adult. You may not take public transport home.

Medications

Take your regular medications (blood pressure, cholesterol etc.) at their regular scheduled time with just a small sip of water. If you have any questions about your medications, please ask.

Clothing, Jewelry & Nail Polish

Wear loose clothing for comfort and a short-sleeved shirt to allow room for the blood pressure cuff. Please avoid wearing light colored clothing.

Remove nail polish and acrylic nails from your pointer finger before your appointment so we can obtain an accurate reading of your oxygen levels.

If you wear contacts, or any jewelry, especially on your lips and tongue, please remove them prior to the surgery.

Other

If you have an illness such as a cold, active cough, sore throat, stomach or bowel upset 48 hours before the surgery date, please notify the clinic.

If you wish to listen to your own music during surgery, please feel free to bring your earbuds/headphones.

After surgery, you may eat as soon as you get home. For the first few days, eat soft foods such as yogurt, pudding, ice cream, creamy soups, mashed potatoes, scrambled eggs, overcooked pasta. Following this, you can return to a normal diet as soon as you feel you are able.