



**Dr. Richard Liposky**

**Things to do before your Surgery with local anesthesia, oral sedation, and nitrous oxide.**

Your safety and comfort are important and we will do our best to provide a safe comfortable anesthetic experience. It is important that you follow the preoperative instructions below. They are for your safety. Failure to follow these instructions may result in very serious medical and possibly life threatening consequences. Help us help you to have a safe and comfortable anesthesia experience.

**What you can do to help:**

**Diet:**

1. Normal breakfast or lunch...avoid large meals.
2. Avoid Caffeine 4 hours before surgery.

**Medications:**

1. Avoid Aspirin for 5 days prior to surgery.
2. Take normal prescribed med as usual unless modified in special instructions.

**Dress:**

1. Dress casual and comfortable.
2. Short or loose sleeves.

**Alcohol:**

1. Absolutely no alcohol within 12 hours of surgery.
2. Surgery will be postponed if alcohol is suspected.

**Smoking: No Smoking 24 hours before surgery.**

1. Smoking will delay healing by 50% and prolong discomfort after surgery.
2. Smoking increases the risk of pulmonary complications during the sedation.
3. If you can stop smoking for 1 week or more before surgery, you will reduce the risk of anesthetic and surgical complications.

**Activity:**

1. Normal activity. No restrictions unless noted in special instructions.
2. You will not be able to drive for 12 hours after oral or IV sedation.

**Companion: A responsible adult must accompany all patients having sedation.**

1. The person must be at least 18 and able to drive you home.
2. The person must stay in the office during the surgery.
3. NOTE: IF YOU DO NOT HAVE SOMEONE WITH YOU, WE CANNOT DO THE SURGERY. IF THEY LEAVE, WE WILL NOT START OR CONTINUE THE SURGERY.
4. We will give written and oral post op instructions to the person who is with you.
5. We will give your prescriptions to the person who is with you.

**Special Instructions:**

**“These instructions are on your personal instruction sheet given to you during your consultation.”**

If you have questions please call Dr. Liposky or his nurses for assistance.