



## SURGICAL PRE-OPERATIVE INSTRUCTIONS

Your surgery is scheduled on \_\_\_\_\_.  
Please arrive for this appointment at \_\_\_\_\_.

It is our responsibility to inform you that you may not take a taxi or drive yourself home. Please make your escort aware that they are required to stay until you are discharged from recovery. It is advised that they stay with you for a few hours upon arriving home.

## VERY IMPORTANT REMINDERS

1. **NO FOOD OR DRINK** after midnight the night before your surgery. This includes water, gum, mints and candy. Take any medications as directed by the doctor with a small sip of water.
2. **NO** contact lenses, make-up, nail polish or dangle jewelry. Rings and post earrings are fine.
3. Wear a short sleeve shirt or blouse. **NO** slip on shoes or sandals.
4. If you have long hair, **DO NOT** put it in a ponytail.
5. You may brush your teeth and rinse with water, just remember, **DO NOT** drink any water
6. You will need someone with you to take you home. We ask that your escort stay in the office during the surgery and plan to spend a few hours with you at home following surgery.