

# Office-Based Anesthesia Instructions

Expect a phone call from our preoperative nurse before your surgery so we can discuss your medical history, outline what to expect, and address any questions you may have. Additional personalized instructions may be given during your preanesthetic phone call.

Please take the time to review the information on the dietary restrictions, transportation and dress/attire for the day of your procedure.

## **Patient Checklist**

### **Diet**

- No solid food for 8 hours prior to scheduled procedure.
- Clear liquids are allowed up to 4 hours before your procedure. Examples of clear liquids include water, apple juice (no orange juice or pulp containing fruit juices), sodas, coffee (no cream), and sports drinks (Gatorade/Powerade).
- No creamer, milk, or dairy products.

### **Transportation**

- It is mandatory to have a responsible adult that can drive you home and help you receive postoperative instructions. **A Taxi or Uber driver does not qualify.**
- Your transportation is required to stay on premises during your procedure.

### **Dress / Attire**

- Short sleeve top that allows access to arms for IV and blood pressure cuff
- Layer cloths for comfort, especially if you tend to be cold
- Minimal jewelry; no large earrings
- Be mindful that you are having surgery. Although we expect minimal blood loss, there is the potential to get blood on your clothes. Choose clothing with this in mind.