

PRE-OPERATIVE INSTRUCTIONS

This sheet contains important pre-operative instructions. If you have any questions, please do not hesitate to call our office. To access pre-operative instructions on a mobile device or on a computer, please visit www.gardenstateos.com/preop.

1. Take your regular medications with a small amount of water unless instructed otherwise by our office or your primary healthcare provider.
2. **If intravenous sedation is scheduled:**
 - Avoid eating or drinking for 8 hours before your appointment.
 - For morning surgeries, refrain from food or liquids after midnight the night before.
 - Clear liquids (those you can see through) are permitted up to 4 hours before surgery.
3. **If nitrous oxide analgesia (N₂O) is scheduled:**
 - Abstain from eating or drinking (including water) for 3 hours before the appointment, unless otherwise directed.
4. Refrain from smoking for at least 12 hours before the surgery, and ideally reduce or quit smoking in advance of the procedure.
5. Ensure a responsible adult accompanies you to the office, stays during the procedure, and provides transportation home.
6. Plan to rest for the remainder of the surgery day. Avoid driving, operating machinery, or making important decisions for 24 hours after intravenous anesthesia.
7. Wear loose-fitting clothing with sleeves that can be rolled up past your elbows and opt for low-heeled shoes.
8. Remove contact lenses, jewelry, and dentures before surgery.
9. Avoid wearing lipstick, excessive makeup, or nail polish on the day of surgery.
10. Alcohol or recreational drug use may negatively affect anesthesia medications. Cease usage for at least 72 hours before your procedure.
11. If you have a cold, sore throat, or gastrointestinal upset, please inform our office.
12. In the event you need to reschedule or cancel your surgery appointment, kindly provide us with 48 hours' notice."