

1. **Do not eat or drink any food or liquids for 6 hours before surgery.** However, it is important that you take any regular medications (high blood pressure, antibiotics, etc.) or any medications provided by this office, **using only a small sip of water.** A good rule of thumb is to avoid solid foods after midnight the night before surgery. This is very important because a full stomach may lead to nausea and vomiting during your intravenous (“I.V.”) or general anesthesia. If you do not follow this instruction, your surgery may be cancelled.
2. **You must have someone drive you home after surgery and stay with you for the first 4 - 6 hours.** Arrange this before surgery. Have the driver come with you to the office the day of surgery. The driver must stay at the office until surgery is completed. For surgery expected to last more than 2 hours, the driver may leave the premise. Ride services (e.g. Uber, Lyft) are not acceptable.
3. Patient on weight loss/diabetes medications known as GLP-1 agonists (Ozempic, Wegovy, Mounjaro, Trulicity, Victoza etc.) have increased risk of nausea and vomiting during surgery. If you take the drug daily, do not take it on the day of your procedure. If you take the drug weekly, stop taking it a week prior to the day of your procedure. If you have diabetes and holding the drug for a week, consider consulting your physician for bridging the antidiabetic therapy to avoid hyperglycemia.
4. Except as noted above, take normally prescribed medications in the morning; you may take them with a sip of at your usual time.
5. Avoid aspirin or aspirin containing products for 7 days before your surgery. These products may increase your risk of bleeding and bruising.
6. Smoking can impair healing and normal breathing, please avoid smoking before and after surgery. Marijuana increases risk of anesthesia complications. Do not use inhaled marijuana or edibles for at least 24 hours prior to your surgery. Unless recommended by a physician, this includes CBD only products.
7. Wear comfortable pants and a loose, short sleeve shirt. Long sleeve shirts may interfere with our blood pressure monitoring equipment. Bring a warm jacket that zips or buttons as needed. Avoid bringing a jacket that must be pulled over your head. **Do not wear flip-flops** or other similar footwear that may slip off easily. Leave your purse and all jewelry at home, if possible.
8. Do not wear contact lenses. Please wear eyeglasses as needed on day of surgery.
9. Brush your teeth and floss the morning of surgery. Rinse, but do not swallow after cleansing.
10. Arrive for surgery **10 minutes prior** to appointed time. If your are running late, please phone and let us know so that we may notify other patients and change our schedule as needed.
11. Read the *Post-operative Instructions* form before your surgery. Make note of any questions and we will answer them before you leave our office.
12. Read the *Pain Control Without Opioids* form and familiarize yourself with how to take ibuprofen (“Advil”) and acetaminophen (“Tylenol”) for discomfort after surgery.
13. If you are having facial cosmetic or reconstructive surgery – please wash your face and hair the morning of surgery. *Do not* apply makeup / cosmetics to your eyes or face. A light moisturizer may be applied.