

**NPO INSTRUCTIONS FOR GENERAL ANESTHETIC OR SEDATION.**

- 1. YOU MUST NOT HAVE ANYTHING TO EAT OR DRINK FOR AT LEAST 8 HOURS BEFORE YOU HAVE SURGERY. This includes water, any beverages, gum, candy, lifesavers, or alcohol the night before unless otherwise directed by your surgeon. Failure to follow these instructions may result in rescheduling your surgery**
- 2. YOUR ESCORT MUST BE 18 YEARS OR OLDER, REMAIN IN THE OFFICE DURING YOUR SURGERY AND HAVE TRANSPORTATION AVAILABLE UPON RELEASE.**
- 3. Please wear a SHORT SLEEVE and LOOSE FITTING blouse or shirt to allow placement of the monitors and venous access. Do not wear excessive jewelry or necklaces, refrain from the use of contact lenses and false eyelashes. Wear your hair down and only light makeup. Wear comfortable clothes and shoes. No high heel shoes.**
- 4. NO FINGERNAIL POLISH PLEASE!!!!**
- 5. If a removable dental appliance is to be placed, please bring it with you.**
- 6. You should plan to rest at home for the remainder of the day of surgery. You should not drive or operate machinery for at least 24 hours. Someone should be available to assist you for 6 hours after your appointment.**
- 7. If you have any questions please feel free to call our office.**
- 8. Should you have any cold or flu like symptoms prior to surgery please notify our office.**
- 9. If you have Asthma and use an inhaler you MUST bring it with you!**

**I HAVE READ AND UNDERSTAND THE ABOVE AND THEIR IMPORTANCE.**

**PRINTED NAME** \_\_\_\_\_

**SIGNED** \_\_\_\_\_ **DATE** \_\_\_\_\_