

## Pre-operative instructions for General Anesthesia

- **You may not have anything to eat or drink for 8 hours before your appointment. For morning surgery, no food or liquids after midnight the night before surgery.**
  - You may take a sip of water, with any necessary medications, up to 2 hours before your appointment.
- No **smoking** for at least 12 hours before surgery. Ideally, cut down or stop smoking as soon as possible prior to the day of surgery.
- A responsible adult must accompany the patient to the office, remain in the office during the procedure, and drive the patient home.
- Plan to rest for the remainder of the surgery day. The patient should not drive a vehicle or operate any machinery for 24 hours following the anesthesia experience.
- Please wear loose-fitting clothing with sleeves that can be rolled up past the elbow and low-heeled shoes.
- Contact lenses, jewelry, and dentures must be removed at the time of surgery.
- Do not wear lipstick, excessive makeup, or nail polish on the day of surgery. If you have an illness, such as a cold, sore throat, stomachache, or bowel upset, please notify the office.
- Unless otherwise instructed, take all medications as you normally would.
- **The use of alcohol or recreational drugs (including marijuana) should be avoided prior to anesthesia and their use can lead to complications including death.** Please discontinue the use of such substances for at least **72 hours** prior to your procedure.
- If Dr. Streelman prescribed you medications, please closely follow the instructions for their use.

**Women, please note:** Some antibiotics may interfere with the effectiveness of your birth control pills. Please check with your pharmacist.