



East Hudson Oral & Maxillofacial Surgery

Dr. Douglas B. Smail

PREOPERATIVE INSTRUCTIONS FOR IV CONSCIOUS SEDATION

It is imperative that these instructions be followed to proceed with your surgery using intravenous sedation. Failure to comply may result in the delay, postponement, or cancellation of your surgery.

- 1.) **DO NOT EAT OR DRINK ANYTHING FOR SIX HOURS PRIOR TO SURGERY NOT EVEN WATER.**
- 2.) **AVOID SMOKING AND ALCOHOL FOR 24 HOURS PRIOR TO SURGERY.**
- 3.) **DO NOT USE HAND OR BODY LOTION** before surgery.
- 4.) **BRING AN ASTHMA INHALER** if you use one.
- 5.) **WEAR A SHORT-SLEEVED SHIRT, COMFORTABLE, CASUAL CLOTHING, AND SECURED, LOW HEELED FOOTWEAR.**
- 6.) **PATIENTS UNDER THE AGE OF 18 MUST BE ACCOMPANIED BY A PARENT OR LEGAL GUARDIAN.** This person **MUST** remain in the reception area during surgery.
- 7.) **AN ADULT MUST ACCOMPANY YOU TO YOUR APPOINTMENT.** This person **MUST** remain in the reception area during your surgery.
- 8.) **CELL PHONES ARE NOT ALLOWED DURING SURGERY.** Leave your phone at home or with your escort in the reception area.
- 9.) **DO NOT WEAR CONTACT LENSES** to your surgery.
- 10.) **HAVE AN ADULT STAY AT HOME WITH YOU FOR SEVERAL HOURS AFTER SURGERY.**

POSTOPERATIVE DIET: Have foods on hand for after your surgery, foods such as the following:

First Day – Cool, Soft Foods:

- Applesauce
- Pudding
- Yogurt
- Jell-O
- Cottage Cheese
- Ice Cream
- Milkshakes
- Breakfast Drinks



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Second and Following Days:

- Pasta
- Macaroni and Cheese
- Eggs
- Pancakes
- Mashed Potatoes
- Soup
- Soft Cooked Vegetables
- Chicken (Cut into manageable pieces)
- Fish

If you are unable to keep or need to reschedule your appointment, please give at least 48 hours' notice.

If prior to your surgery, you are not feeling well, have a fever or a productive cough, please contact the office.