

## ***I.V. SEDATION INSTRUCTIONS***

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### ***(Pre-Op)***

1. It is important that you do not have anything to eat or drink **six hours** prior to your procedure. You may take your medications the morning of surgery with a sip of water.
2. Take all medications you would normally take as directed for other medical reasons. **NEVER** alter any medications given by your physician unless your physician has given you specific instructions. Be sure Dr. Resnik is aware of all medications you have taken in the week preceding your procedure.
3. It is **mandatory** that you arrange for a ride from a responsible adult to and from your surgery appointment. We will be happy to notify your ride when your procedure is over.
4. Be sure to wear comfortable, open collared clothing to your appointment. Do not wear make-up, jewelry, lipstick, nail polish, or contact lenses the day of surgery.
5. No smoking or use of alcohol for 24 hours prior to surgery.
6. If you have an illness such as a cold, sore throat, stomach or bowel upset, please notify the office.

### ***(Post-Op)***

1. Anesthetic effects vary by individual. You may feel drowsy for a short period of time to up to the first 24 hours. You should return home immediately after discharge and lie down with your head elevated until all effects of the anesthesia have disappeared. Walk slowly and take your time. Sudden changes in position can cause nausea and dizziness. A responsible adult should be with you at all times for the first 24 hours.
2. Do not drink alcohol, drive an automobile, operate machinery or undertake any responsible activity / business matters for 24 – 48 hours following surgery. The anesthesia medications may affect your judgment.
3. We recommend clear liquids (such as 7-up, water, apple juice) when you return home. This should be followed by soft foods (such as ice cream, Jello, pudding, apple sauce) for the first 24 hours. After the initial 24 hour period maintain a soft diet (soups, scrambled eggs, mashed potatoes, soft chicken, soft fish) for 2 - 3 days and then gradually progress to solid foods as tolerated.
4. Please feel free to call our office at any time should you have any questions or are experiencing any unusual symptoms following sedation.

Our desire is for your recovery to be as comfortable and pleasant as possible. If you have any questions about your progress or any symptoms you are experiencing, please call our office at 412-279-7744.

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