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Every patient who undergoes surgery with anesthesia, other than local anesthesia (i.e. Novocaine), needs to follow the instructions below in order to avoid major complications with their anesthesia:

- > **DO NOT EAT OR DRINK ANY LIQUIDS FOR AT LEAST 6 HOURS PRIOR TO SURGERY (INCLUDING WATER, CHEWING GUM OR LOZENGES). YOU MAY BRUSH YOUR TEETH, BUT DO NOT SWALLOW ANY WATER.**
- > **DO NOT SMOKE FOR AT LEAST 24 HOURS PRIOR TO YOUR SURGERY.**
- > **YOU MUST BRING A DRIVER AND ARRANGE TO HAVE A PERSON STAY WITH YOU FOR AT LEAST 24 HOURS AFTER SURGERY. IF YOUR DRIVER IS NOT PHYSICALLY PRESENT WITH YOU, NO SEDATION WILL BE GIVEN.**
- > **DO NOT WEAR: CONTACT LENSES, JEWELRY, HIGH HEELS, FLIP FLOPS OR SANDALS, OVERALLS OR FULL SLIPS, MAKE-UP OR NAIL POLISH AND PLEASE REMOVE ALL PIERCINGS**
- > **DO WEAR: LOOSE COMFORTABLE CLOTHING, INCLUDING LOOSE SLEEVES AND COLLAR, FLAT SHOES.**
- > **PLEASE INFORM OUR DOCTORS ABOUT ANY CHANGES IN YOUR HEALTH, INCLUDING COUGHS AND COLDS.**

If you have any questions or do not understand these instructions, please call our office at 703-324-5655