

## GENERAL ANESTHESIA INSTRUCTIONS

1. Do not take anything to eat or drink 6 hours prior to your appointment: **ABSOLUTELY no water, no liquids, no food of any kind.**
2. Eat a light, easily digested meal the night before the operation.
3. Get plenty of rest the night before the operation.
4. Do not drink any alcoholic beverages the night before the operation.
5. **Arrange for a relative or friend to accompany you home after the operation, minors must be accompanied by a parent or legal guardian. Everyone must have a ride who will wait for you in our office.**
6. Wear loose fitting clothing or short sleeves.
7. Please remove contact lenses prior to surgery.
8. **Do not operate a motor vehicle or machinery for 24 hours following general anesthetic.**
9. Personal hygiene is stressed due to antiseptic reasons. Do not wear heavy makeup, jewelry or perfume on the day of the operation.
10. Freeze wet wash cloths to use as ice packs after surgery.
11. Have food on hand for after surgery. We suggest Jamba Juice, Ensure, Milk shakes or Carnation Instant Breakfast. **Please do not use a straw.**
12. **FOR WOMEN ONLY:** If you are, or might be, or are trying to become pregnant, you should know that surgery and anesthesia can cause problems during early pregnancy and you should inform your doctor. Please consult with your doctor if you wish to rule out pregnancy before surgery.
13. **FOR WOMEN ONLY:** If you are given antibiotics after surgery, they may cause oral contraceptives to be less effective. You should use a second method of birth control during each cycle which antibiotics are used.

I have read and understand the instructions for general anesthesia. I have been given an opportunity to ask any questions I might have had, and those questions have been answered in a satisfactory manner.

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Patient's or legal guardian's signature

\_\_\_\_\_  
Date