Darrell A. Meeks D. M. D.
Oral and Maxillofacial Surgery

Pre-Operative Instructions: Before IV/General Anesthesia

If you are having general anesthesia/sedation (being "put to sleep"), please read and follow these instructions carefully — they are important to help ensure your safety and to allow us to provide the best possible care.

- ❏ **Do not eat any food or drink any fluids after midnight**. If your surgery is scheduled in the afternoon, you may have a light meal (toast or the equivalent and clear liquids such as tea, black coffee, or apple juice) up to 8 hours before your appointment.
- ❏ If you normally take medication(s) in the morning please refrain from doing so unless otherwise instructed by Dr. Meeks.
- ❏ Patients taking blood thinners or medication for diabetes require special consideration — this should be discussed with Dr. Meeks. Contact our office if you have further questions.
- ❏ On arrival for surgery, **you must be accompanied by a responsible adult** who will ensure that you get home safely by driving you in a car or accompanying you in a taxi cab. They need to remain in the office during the entirety of your surgery. You should not drive, operate machinery, or make important decisions for the remainder of the day.
- ❏ Please wear a short sleeve shirt.
- ❏ To help avoid infection, brush and floss your teeth and rinse with mouthwash prior to your surgery.
- ❏ Jewelry, contact lenses, and dentures must be removed before surgery.
- ❏ Please do not not wear lipstick, excessive makeup, or dark or nail/gel polish.
- ❏ Patients with asthma should bring their inhalers with them on the day of surgery.
- ❏ The use of alcohol or recreational drugs can have an adverse effect on the anesthesia medications that we use. **Please discontinue** the use of such for at least 24 hours before your procedure.
- ❏ If you have a head or chest cold, sore throat, or other illness, please call the office as an appointment change may be necessary.

If you need to cancel or change your appointment for any reason, please remember to inform our office 48 hours prior to your appointment to avoid a monetary penalty. ***If you have any questions or concerns, please don't hesitate to contact our office! 757-548-1712***

Patient Signature _____ Date _____