

## Before Anesthesia

There are a few steps that patients need to take prior to oral sedation or general anesthesia.

- Do not eat or drink anything at least 8 hours prior to surgery.
- Refrain from smoking 12 hours prior to surgery.
- Arrange for someone to accompany you to the surgery and drive you home afterward.
- On the day of surgery, do not wear any jewelry, contact lenses, or dentures.
- Approve any medications you are taking (regular meds or otherwise) with the doctor prior to the surgery.

Other than these simple considerations, there is nothing else you need to do to prepare for surgery.