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PRE-OPERATIVE INSTRUCTIONS

For I.V. Sedation Patients

Fasting: Take only your prescribed medication. You may have one cup (8 ozs) of black coffee (**without milk or cream**) two (2) hours prior to your surgery **OR** you may have a **small** amount of water (no more than one cup - 8 ozs). Eat and drink **NOTHING** else for the eight (8) hours prior to surgery. No alcoholic beverages nor unprescribed medications 24 hours prior to surgery.

As you are only allowed minimal fluids 2 hours prior to surgery, we recommend that you drink plenty of fluids **BEFORE** midnight.

Dress: Wear loose comfortable clothing with short sleeves. Remove earrings, watches, jewelry, and contact lenses before your appointment.

Transportation: You will need a responsible adult (family or friend) available to drive you to your surgical appointment and take you home afterwards. (NO Uber, taxi, etc.) You should **NOT** attempt to drive for 24 hours following surgery.

Diet: Be prepared to consume nothing but cold, soft food and drink the rest of the day following surgery, e.g. malts, shakes, fruit juices, pudding, ice cream, jello, yogurt, cottage cheese - no carbonated or alcoholic beverages, no smoking, and no straws. The next two days, be prepared for a diet of soft foods, warm or cold - soup, pasta, yogurt, scrambled eggs, mashed potatoes, etc.

Ladies - please remove nail polish or artificial nail from right index (pointer) finger for monitoring of your vital signs during surgery. Please refrain from using make-up around your mouth on the day of surgery. Prior to surgery, please remove lipstick.

Inform us of any changes in your medical status and/or new medications prior to your appointment.

Failure to follow these instructions could result in postponement of your surgery. If you have any questions or concerns, please do not hesitate to call us at 972-394-1234.