

## GENERAL ANAESTHETIC INSTRUCTIONS

In order to make your next visit to our office as comfortable and as easy for you as possible, we give you this list of reminders.  
PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY.

1. **FOOD:** You may have a light breakfast (toast or cereal) up to 7 hours before appointment time.  
**DRINK:** You may have water or apple juice only up to 4 hours before appointment time.  
DO NOT have anything to eat or drink 4 hours before your appointment time including gum or candy.
2. Do not wear any of the following:
  - CONTACT LENSES
  - TIGHT FITTING CLOTHING
  - MAKE UP, HAIR PINS, JEWELLERY NAIL POLISH OR LOOSE FITTING SHOES.
3. Under no conditions can you drive yourself home. You will not be put to sleep unless a responsible adult is coming to take you home. Taxicabs are not acceptable.
4. YOU MUST NOT drive an automobile or operate hazardous machinery for at least 24HOURS after your anaesthetic or sedation.
5. Do call our office if you have a COLD or COUGH. We may reschedule your appointment in your better interest.
6. Do have someone come to pick you up after your surgery.  
Or, bring their telephone number so that we may call them when you are ready to go home.
7. Do have a responsible adult at home who can assist you and help take care of your needs.
8. Do wear a blouse or shirt with short sleeves.

Thank you for taking the time to follow these few simple instructions.

If you have any questions or concerns please contact our office.

We require 2 business days notice to cancel or reschedule an appointment or a \$50.00 fee will be applied.

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