
How to prepare for surgery prior to General Anesthetic and IV Sedation

Please read the following pre-operative instructions carefully. Should you have any questions, please contact our office. Link to the video version of the instructions can be found on the following page.

PRE-OPERATIVE (BEFORE SURGERY) INSTRUCTIONS:

- **DO NOT** consume any food or fluids (including water) after **midnight** on the night before your surgery.
- **DO NOT** smoke (cannabis or cigarettes) or consume alcohol for 24 hours before your surgery.
- Patients taking **MORNING doses** of blood pressure medications such as ACE-Inhibitors (ex. Ramipril, Enalapril, Perindopril) or Angiotensin II Receptor Blockers (ex. Irbesartan, Losartan, Telmisartan), must **hold their dose** before their surgery. If you take these medications in evening, they can be taken as normal.
- Patients taking **SGLT-2 Inhibitors**, such as Canagliflozin (Invokana), Dapagliflozin (Forxiga/Farxiga), Empagliflozin (Jardiance), Synjardy (*empagliflozin with metformin*), Xigduo (*dapagliflozin with metformin*), Invokamet (*invokana/metformin*), must **hold this medication 72 hours before surgery**.
- Patients taking Semaglutide/Ozempic (or other similar medications), must **hold their dose 1 week before surgery**.

SURGERY DAY INSTRUCTIONS:

- Any medications provided by the clinic or taken on a routine basis that have been approved by your surgeon, can be taken with a **SMALL SIP** of water.
- A responsible adult **MUST** accompany you to the office, be prepared to stay and take you home and remain with you until you have recovered from the effects of the anesthetic. You are considered legally impaired and **CANNOT** drive for 24 hours after receiving anesthesia. You cannot take a taxi/Uber on your own.
- Shower, brush your teeth and put on comfortable, clean clothing (preferably dark colours), including a short-sleeved shirt.
- **DO NOT** wear makeup, fragrances or contact lenses. **Remove** any tongue, nose or lip jewelry.
- Asthmatic patients, please bring your inhalers.
- Diabetic patients, please bring your insulin and glucometer. Please check your blood glucose prior to the procedure.

Following the pre-surgery instructions is important to help ensure your safety and the best possible outcome.

If instructions are not followed, your surgery may need to be rescheduled.

We also kindly ask that you provide at least 1 weeks' notice if you need to cancel or change your appointment

Short-notice cancellations may result in a \$250 cancellation fee.

Thank you for your understanding and cooperation.



*Scan the QR code to watch the
Pre-operative Instruction video*