

**Somerville**

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**Lebanon**

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## BEFORE ANESTHESIA INSTRUCTIONS

- You may not eat or drink anything (including water) for six hours prior to the appointment.
- Do not smoke for at least 12 hours before surgery. Cut down use or stop smoking as soon as possible prior to the day of surgery.
- A responsible adult must accompany the patient to the office, remain in the office during the procedure, and drive the patient home.
- The patient should not drive a vehicle or operate any machinery for 24 hours following anesthesia.
- Please wear loose fitting clothing with short sleeves and shoes with a back on them, i.e. sneakers.
- Contact lenses, jewelry, and dentures must be removed at the time of surgery.
- Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
- If you have an illness such as a cold, sore throat, stomach, or upset bowels, please notify the office ASAP.
- If you take routine oral medications, please check with our doctors prior to your surgery date for instructions.