



## Pre-Op Instructions

### Before Procedure

It is important that you arrive at your specified time **1 hour** before your scheduled procedure time. Bring a good book.

Wear loose-fitting, comfortable clothing. Socks are suggested to keep you comfortable. Your doctor will be available to answer any last-minute questions.

Having someone to drive you home is **mandatory**. Allow plenty of time for traffic, weather, etc. We want you calm, unhurried, and relaxed.

### Fasting Guidelines

**Nothing after midnight for a morning procedure.**

**6 hours before your surgery:**

Six hours before your afternoon surgery start time, you may have a light breakfast consisting of one piece of dry toast and clear liquids.

**8 hours before your surgery:**

Eight hours or more before your surgery, you may have a normal breakfast followed by clear liquids.