



PRE-SEDATION SURGERY INSTRUCTIONS

1. **DO NOT** eat or drink anything after midnight. This includes gum, mints, etc.
2. **DO** arrive to your surgery appointment 30 minutes early.
3. **DO** take heart medications and/or acid reflux medications you would normally take in the morning with a **SMALL SIP** of water.
4. **DO** use any inhalers you would normally use before your surgery, and please bring them with you.
5. **DO NOT** take any diabetic medications or insulin the morning of surgery. Please check your blood sugar the morning of surgery before your arrival. Call the office if you develop symptoms of blood sugar <60.
6. If you take blood thinner medications (eliquis, coumadin, xarelto), please follow precise instructions given by the physician and/or nurse practitioner.
7. **DO NOT** take semaglutide medications (ozempic, mounjaro, trulicity) the week prior to surgery.
8. You must bring a driver with you the day of surgery to drive you home afterwards. We ask that your driver stay during your surgery and does not leave. You should not drive for 24 hours- this is for your own safety.
9. If you have acrylic nails, please completely remove at least one nail for monitoring.
10. We encourage you to bring a blanket from home and wear loose fitting clothes. For example: dresses for females, loose fitting shorts/pants for males, slip-on shoes.
11. Please notify the clinic before surgery if you have any respiratory symptoms such as coughing, nasal drainage, or COPD exacerbation.
12. You must wear thigh high compression hose after surgery. These can be purchased from our office the day of surgery for \$44 each.

Please call our office with any questions regarding the instructions above.

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