

*******INSTRUCTIONS FOR IV SEDATION*******

- **No consumption of food or liquids, including water SIX (6) hours prior to appointment time. (Except morning medication with a small sip of water.)
- **Brush your teeth, spit out all the water.
- **Wear short sleeves- (You may wear a jacket or sweatshirt during colder weather over your short sleeves.)
- **Footwear: closed support shoes (i.e. tennis shoes). No slip on shoes, flip-flops or boots.
- **Contacts- wear them only if you routinely sleep with them.
- **If applying LMX cream, do this 1-hour prior to appointment time.

*******INSTRUCTIONS FOR POST-OP CARE*******

- **Change gauze every 30 minutes as needed. If bleeding continues a moistened tea bag (regular type, i.e. Lipton) can be used in place of gauze.
- **Day 1-Suggested foods: Soft cold diet to include: yogurt, pudding, applesauce, protein drinks, milkshakes, etc.
- **No carbonated drinks or soda and straws for 3 days.
- **Day 2 -5- Suggested foods: Modified solid diet such as pancakes, eggs, macaroni & cheese, beans, mashed potatoes, chicken or tuna salad, pasta, and soups.
- **FOODS TO AVOID: pizza, chips, bagels, rice, (crunchy, chewy foods) for about one week.
- **Ice packs will be needed for the first 24 hours. A couple of bags of frozen peas or corn work well.
- **The patient will need someone to bring them to the appointment and someone to stay with them for the remainder of the day.
- **Monojet syringe (if given to the patient) is to be used AFTER DAY 3.