



Dr. Ryan Patel  
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## Instructions Before Your Procedure

1. Any patients under 18 years of age must be accompanied by a parent or guardian at the time of surgery.
2. Please wear loose fitting short sleeve shirt and comfortable clothing.
3. Please wear flat soled shoes with ankle support like sneakers (no high heels).
4. Please remove contact lenses, all jewelry, and watches before surgery.
5. Please do not apply make-up, perfume, or cologne on day of surgery.
6. Please remove fingernail polish on both index fingers.
7. Please brush your teeth and rinse thoroughly before surgery.
8. If prescribed medication at consultation, please take as directed prior to appointment. You may take this with no more than half a glass of water.
9. Please have ice packs or bag of frozen foods (like peas) available at home after surgery to reduce swelling.
10. Please have Advil or Tylenol available for after surgery.
11. Alcoholic beverages and smoking should be avoided 24 hours before and 7 days after surgery.
12. If you have an illness such as a cold, sore throat, stomach, or bowel upset, please notify the office.
13. If you take routine oral medications, please check with our office prior to your surgical date for instructions.
14. If you think you might be pregnant, please inform us before your appointment.

### **Patients having IV Sedation:**

1. **Do not eat or drink 8 hours prior to surgery**, including water and coffee. If you need to take medications please take them with no more than half a glass of water. If you have any questions, please call us, or send us an email. We reserve the right to cancel or postpone surgery if any of the instructions are not followed.
2. Please arrange for a ride to and from the office on the day of your surgery. Patient will not be able to drive home after surgery and operate machinery. **Please inform your driver that they will need to be directly present at the office for the entire visit.** We suggest the driver bring some reading material.
3. Please buy suggested foods to have on hand after your surgery. Please refer to recommendations on the post-operative food list.
4. Please have a responsible adult at home to care for you on the day of surgery.

Please **arrive 15 minutes prior to your appointment time to address any additional paperwork, and financial arrangements.**