

Pre-Operative Instructions for MAC Anesthesia or Light Sedation



The day of your procedure:

1. **DO NOT** have anything to eat or drink **8** hours prior to your procedure. If this is not strictly followed, your anesthetic may have to be canceled.
2. You are to take your regular prescription medications with a **SMALL** sip of water, unless otherwise directed by your physician. Such prescription medication includes: heart, blood pressure, pain and seizure medications (If you have questions please call our office).
3. Please wear comfortable, elastic clothing.
 - a) Avoid dresses if possible
 - b) No wired bras if possible
 - c) If you are getting a neck injection, please have your hair up
4. For fasting diabetic patients, please hold your AM diabetic medications. Unless indicated otherwise by a physician.
 - a) On arrival if your diabetic please inform front desk
 - b) If you are experiencing any side effects i.e. nausea, lightheaded, excessive thirst, vision problems inform the front desk at that time the procedure team will make a clinical decision regarding your care.
5. Please arrive at your scheduled time unless instructed otherwise.
6. You **MUST** arrange to have a responsible adult companion physical present in the Post Anesthesia Care to drive you home after the procedure and to stay with you at least 4 hours. If no arrangements for care of the patient are made, the procedure may be canceled.
7. You may take your pain medications prior to procedure with a small sip of water and **bring** pain medication with you to your procedure if you are scheduled for a Kyphoplasty.
8. Patients that arrive late may have the procedure canceled.
9. It is recommended not to operate or drive a vehicle for 24 hours after your procedure. It is also not recommended to sign any important documents or make any important decisions 24 hours after the procedure.

Pregnant women cannot receive anesthesia or x-rays unless the benefit will outweigh the risk. If a chance of pregnancy exists, a negative pregnancy test must be obtained prior to the day of surgery or your anesthetic will need to be canceled.

You should inform your physician if you are taking any blood thinners such as **Aspirin, Coumadin, Pradaxa, Xalerto, Warfarin, Pletal, Effient, Plavix, Advil, Motrin, Aleve, Vitamin E or Fish Oil**. These medications are usually stopped for several days prior to any procedure because they can cause an increased chance of bleeding. Coumadin, Pradaxa, Effient, Xalerto and/or Warfarin patients may need to have an alternate medication, such as Lovenox, for a few days and should carefully follow the prescribing physician's instructions regarding this medication. Please check with our office before taking any medication the day of the procedure.