



839 E. Grand Ave, Escondido CA. **760-432-8888**
11777 Bernardo Plaza Court, Ste. 207, San Diego CA. **858-673-0737**
761 Garden View Court, Ste. 103, Encinitas, CA 92024 **760-436-7660**



Please have a responsible adult, **over the age of 18**, accompany you on the day of surgery and remain with you throughout the day. Your escort must **remain in the waiting room until you are ready to leave the office**. Most surgeries do not last more than 1 hour.



For patients having morning surgery with moderate sedation, ***you may not have anything to eat or drink, including NO water after midnight***. For an afternoon surgery, you may not have anything to eat or drink, including water, for 6 hours prior to your appointment. Parents, please observe your children closely to be certain no food or drink is consumed. ***An empty stomach is very important for the safety of all patients under anesthesia***



Please leave all cell phones, jewelry, wallets & purses (unless needed to make payment) at home. We are not responsible for their safekeeping. Please remove contact lens at home. We do not have containers for them.



Take all regularly prescribed medications according to directions with a **small sip of water**. If the Doctor prescribes you an antibiotic pre-medication, it is to be taken one hour before your appointment. If you are a diabetic, consult with us to adjust your insulin dosages appropriately. If you take more than 2 regular aspirin or aspirin products such as Motrin, Advil, Nuprin or Ibuprofen per day, please notify our office for instructions.



Please wear loose, **short-sleeved** clothing for accessibility to the upper arms so that we can place a blood pressure cuff. Sweatshirts are not advisable, as they do not push up far enough.



As with any surgical procedure cleanliness is important to minimize the chance of infection. Bathe prior to surgery with attention to the head, face and neck areas. Brush teeth and use a mouthwash prior to your appointment. **Men:** Cleanse beard and/or mustache, or be clean-shaven. **Women:** No facial makeup, lipstick, or long earrings. Also, please remove any nail polish from the index fingers, so that our oxygen monitors function properly during your surgery. Flat shoes are recommended to allow you to walk more easily until the effects of the anesthesia clear.



If you develop a cough, cold, chest or nasal congestion before your surgery, please call the office for further instructions.



Due to FDA regulation changes, as of October 6, 2014: Pharmacies will no longer accept prescriptions for narcotics that are phoned in or faxed from your doctor. **A prescription for narcotics CANNOT be called or faxed in due to this new regulation.**



Thank you for allowing us to provide this treatment for you. Following these instructions will help ensure that your surgery goes smoothly