

**TRAVIS T. PATTERSON, III, DMD
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Every patient who undergoes surgery with anesthesia, other than local anesthesia (i.e. Novocaine), needs to follow the instructions below in order to avoid major complications with their anesthesia:

- **DO NOT EAT ANY FOOD OR DRINK ANY LIQUIDS FOR AT LEAST 6 HOURS PRIOR TO SURGERY (THIS INCLUDES WATER, COFFEE, CHEWING GUM OR LOZENGES). YOU MAY BRUSH YOUR TEETH, BUT DO NOT SWALLOW ANY WATER.**
- **DO NOT SMOKE FOR AT LEAST 24 HOURS PRIOR TO YOUR SURGERY.**
- **YOU MUST BRING A DRIVER AND ARRANGE TO HAVE A PERSON STAY WITH YOU FOR AT LEAST 24 HOURS AFTER SURGERY. IF YOUR DRIVER IS NOT PHYSICALLY PRESENT AT THE TIME OF YOUR APPOINTMENT, NO SEDATION WILL BE GIVEN.**
- **DO NOT WEAR: CONTACT LENSES, JEWELRY, HIGH HEELS, FLIP FLOPS OR SANDALS, OVERALLS OR FULL SLIPS, MAKE-UP OR NAIL POLISH.**
- **DO WEAR: LOOSE COMFORTABLE CLOTHING, INCLUDING LOOSE SLEEVES AND COLLAR, FLAT SHOES SO THAT MONITORS MAY BE PLACED ON YOUR ARMS AND CHEST.**
- **PLEASE INFORM OUR DOCTORS ABOUT ANY CHANGES IN YOUR HEALTH, INCLUDING COUGHS AND COLDS.**

If you have any questions or do not understand these instructions, please call our office at 703-534-6500