

## **Pre-operative instructions**

**Please read and follow these pre-operative instructions very carefully.**

1. Patients with medical conditions **may be required** to have a physical exam completed by their family physician and brought with them on the day of surgery. The physical exam should not be performed more than 8 weeks prior to your surgical date.
2. **NO SOLID FOODS AFTER MIDNIGHT. Clear fluids up to 4 hours prior to surgery (i.e. pop, water). Absolutely no milk or pulp juices like orange juice.**
3. A responsible adult must accompany the patient to the office. Parent or guardian must accompany children under the age of 18, to provide consent. A responsible adult must also remain with the patient for 24 hours following surgery.
4. Female patients should wear slacks.
5. All patients should visit the bathroom immediately prior to anaesthetic.
6. If you wear contact lenses, please remove them before general anaesthetic.
7. Patients from out of town may be required to stay overnight in the city.
8. Refrain from smoking prior to anaesthesia.
9. All medications can be taken with a sip of water at regularly scheduled times.
10. Fees must be settled on the day of surgery unless other arrangements have been made.

**Your surgery may be cancelled if you fail to follow these instructions.**

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**If you have any questions or problems, do not hesitate to call during office hours  
(8 am – 4 pm, Monday – Friday) at 454-6565 or 1-800-379-9474**

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