



**STANDARD PRE-OPERATIVE INSTRUCTIONS  
FOR PATIENTS RECEIVING**

**IVB (Intravenous Block), MAC, or GENERAL ANESTHESIA**

1. Arrange for a responsible adult to pick you up after surgery if you are receiving any form of sedation. If your procedure requires general anesthesia provided by an anesthesiologist, please make sure you have a responsible adult with you for 24 hours after your surgery.
2. Do not drink alcohol or take medications not OK'd by your physician within 24 hours of surgery.
3. Discontinue taking all herbal and dietary supplements as well as diet pills (multivitamins not included) as soon as your surgery is scheduled.
4. If you suspect that you are pregnant, please notify your surgeon immediately.
5. Please remove all piercings, leave jewelry and other valuables at home. (e.g. tongue rings, toe rings, belly button ring, etc.) **\*\*We are not responsible for any lost valuables\*\***
6. Be sure to wear loose, comfortable clothing.
7. All minors must have a parent or legal guardian present to sign the standard legal surgical consent form.
8. Please bring any paperwork, insurance card or method of payment with you on the morning of surgery.
9. **Patients should not have anything to eat or drink past midnight prior to their scheduled surgery unless otherwise instructed by their anesthesiologist or surgery scheduler. No Gum or Chewing Tobacco**
10. If you have any questions regarding these instructions, please contact the De La Vina Surgicenter.
11. Please arrive on time. Your doctor's office has instructed you to arrive at: \_\_\_\_\_ am/pm

***If there are any questions or concerns please do not hesitate to call us at (805) 682-5065***

***These are standard Pre-Operative instructions. Each patient should obtain specific instructions regarding their procedures from their surgeon.***