



Pre/Post-Op: Dos & Don'ts

Local Anesthesia or Local Anesthesia + Nitrous Oxide (Laughing Gas)

✓ DOs

- Eat a light meal before your procedure
- Take all regularly scheduled medications unless directed otherwise
- Take antibiotic prophylaxis if prescribed
- Drive yourself to and from your appointment
- Notify our office before your visit if you are feeling ill
- Arrive at least 15 minutes early
- Call 201-477-2667 with any questions

✗ DON'Ts

- Fast before your procedure (fasting is not required)
- Smoke before your procedure
- Schedule an escort unless it makes you more comfortable
- Wear lipstick or heavy makeup
- Wear flip flops or open-toed shoes

IV General Anesthesia

✓ DOs

- Fast for at least 6 hours prior to your procedure
- Take medications only as directed by your surgeon
- Take antibiotic prophylaxis if prescribed
- Arrange for a responsible adult to:
 - Accompany you to the office
 - Remain in the office during your procedure
 - Drive you home afterward
- Wear loose-fitting, comfortable clothing
- Wear sturdy, closed-toe shoes or sneakers
- Notify our office before your visit if you are feeling ill
- Arrive at least 15 minutes early
- Call 201-477-2667 with any questions

✗ DON'Ts

- Eat or drink for at least 6 hours prior to your procedure
- Drive yourself home or operate machinery for 24 hours
- Use rideshare services (Uber, Lyft, taxi, etc.)
- Smoke before your procedure
- Wear lipstick or heavy makeup
- Wear flip flops or open-toed shoes

Doctor-Owned. Doctor-Directed. Patient-Centered Care You Can Trust.