



GENERAL INFORMATION PRIOR TO YOUR SURGICAL APPOINTMENT

- Ensure that you pick up all prescribed medication no later than 2 days prior to the appointment – you may be required to take medication on the day **BEFORE** the procedure.
- Following the procedure, you will need to eat softer foods and liquids, so it may be a good idea to have the food ready beforehand: potatoes, eggs, oatmeal, Jell-O, yogurt, soft fruit (e.g. bananas), soups, pancakes, pudding, ice cream, milk shakes, applesauce, beans, rice, food supplements (e.g. Boost, Ensure), noodles, casseroles, cottage cheese, fish, chicken.
- Eat a healthy meal the night before surgery and get plenty of rest. (Do not drink any alcoholic beverages the night before surgery or **for two days after surgery.**) If you are a smoker, do not smoke for 1 week prior and 1 week after.
- Wear loose clothing with sleeves that can be pulled up past the elbow. Patients should not wear make-up.
- A responsible adult must accompany you and remain in the office to drive you home afterward. You should not drive at all after sedation or general anesthesia for the remainder of the day. You should not subject yourself to anything that may jeopardize your safety and the well-being of others.
- **ANY** variation from the above may cause your surgery to be cancelled.

*IF YOU HAVE ANY QUESTIONS OR CONCERNS WHATSOEVER,
PLEASE CALL DR. NICK SEDDON AT **604 922-0144 (office)** or **778 840-0762 (cell)***