



Pre-Operative Instructions for IV Sedation

Alpine Valley Oral Surgery • Boulder & Wheat Ridge

CRITICAL SAFETY: NOTHING TO EAT OR DRINK FOR 8 HOURS

No food or drink of any kind (including water, gum, mints, or coffee).
Eating or drinking too close to anesthesia can cause vomiting and aspiration (food/liquid entering the lungs).
If you accidentally eat or drink, call us immediately. For safety, your procedure may need to be rescheduled.

A RESPONSIBLE ADULT DRIVER IS REQUIRED

A responsible adult (18+) must drive you TO and FROM your appointment.
Your driver MUST be present before we start and MUST remain on-site (in our parking lot) during your procedure.
Rideshare/taxi/public transportation is not allowed after IV sedation.

What is IV Sedation? IV sedation is monitored “twilight” sedation. You will be deeply relaxed and may remember little to nothing. You can still respond to verbal instructions. Local anesthesia is also used for comfort.

Day Before Surgery

- Eat normal, balanced meals and drink plenty of fluids.
- Avoid alcohol and recreational drugs.
- Fill prescriptions (if provided) so medications are ready at home after surgery.
- Prepare soft foods at home (yogurt, applesauce, soup, smoothies, mashed potatoes, eggs).

Day of Surgery – Preparation

- **Medications:** Take your usual morning medications (including blood pressure meds) with a **small sip of water** unless your prescribing physician instructs otherwise.
- **Clothing:** Wear loose, comfortable clothing. Short sleeves are preferred. Tight or rolled sleeves can restrict blood flow and act like a tourniquet.
- **Footwear:** Wear secure shoes (no flip-flops, slides, or backless shoes).
- **Hair near IV site:** If you have heavy hair where the IV will be placed (arm/hand), please shave that area. This helps us tape/secure the IV and makes removal more comfortable.
- **Facial hair:** If you have a full beard, please trim/shave. A better mask seal improves safety if assisted breathing (Ambu bag) is ever needed.
- **Nails:** Remove dark/heavy nail polish or artificial nails from at least one finger so oxygen monitoring works accurately.
- **No jewelry:** Remove jewelry and piercings (especially head/neck).
- **Arrive early:** Delays can occur for safety—please plan extra time.

If Your Treatment Includes Implants or Bone Grafting

If your plan includes implants and/or bone grafting, an antibiotic may be sent to your pharmacy in advance.
Unless you are instructed otherwise, start the antibiotic the morning of the day before your procedure.

Medical Disclosures & Special Precautions

YOU MUST TELL US ABOUT THESE CONDITIONS

Some conditions require medical clearance/optimization or may change (or delay) anesthesia and surgical plans.

Please disclose these during consultation and notify us of any changes before surgery.

Tell us during consultation (and before surgery) if you have:

- **Sleep apnea** (moderate or severe), CPAP use, or loud snoring/daytime sleepiness.
- **Previous anesthesia problems** (difficult airway, severe nausea/vomiting, “hard to wake up,” allergic reactions).
- **Bleeding history** (easy bruising, prior excessive bleeding, liver disease) or use of **blood thinners**. Do not stop blood thinners unless specifically instructed.
- **Advanced cardiac disease** (heart failure, severe coronary disease, arrhythmias, prior stents/bypass/valve issues) or **very limited exercise tolerance**.
- **Pulmonary disease** (COPD, severe asthma), **oxygen dependence**, frequent wheezing, or shortness of breath with minimal activity.
- **Heavy smoking/vaping** history.

Cancer / Bone Healing Risks (Important)

- Prior or current **radiation therapy to the head/neck/jaw**.
- Current or prior **bone-strengthening medications** for osteoporosis or other bone problems (e.g., bisphosphonates, Prolia/denosumab, or similar).
- Current or recent **chemotherapy** or other cancer treatments.
- These conditions may affect bone healing and surgical safety and may require medical clearance or, in some cases, change whether surgery is appropriate.

Recent Illness & Airway Safety

- If you have had flu, COVID-19, bronchitis, pneumonia, or any significant respiratory illness within the past 1–2 weeks, notify us as soon as possible (ideally several days before surgery).
- Sedation may need to be postponed due to airway reactivity and increased anesthesia risk.
- Call us ASAP if you develop fever, chest congestion, severe cough, or worsening asthma symptoms.

Substances (You Must Disclose)

- Marijuana (smoked/vaped/edibles), recreational drugs, or non-prescribed sedatives must be disclosed during consultation. Stop use as instructed before surgery.
- Alcohol and nicotine can increase anesthesia and healing risks—follow our abstinence guidance.

Supplements & Herbal Products

Many herbal products can increase bleeding or interact with anesthesia. Please tell us about all supplements. We may recommend stopping herbal supplements about **2 weeks** before surgery.

Diabetes Medications (Tell Us If You Take These)

- **SGLT2 inhibitors** (e.g., Jardiance, Farxiga, Invokana, Steglatro) may need to be held **3–4 days** before surgery—do not stop without guidance; call your prescribing physician and notify us.
- **GLP-1 medications** (e.g., Ozempic, Wegovy, Mounjaro, Zepbound) can affect stomach emptying. Most patients can continue them, but your care team may adjust the plan based on your risk and symptoms—please disclose use during consultation.



After IV Sedation & FAQ

After IV Sedation (24 Hours)

- No driving, operating machinery/power tools, or returning to work that requires alertness.
- No alcohol, sleep aids, or non-prescribed sedatives.
- No important decisions or signing legal documents.
- Plan to rest the remainder of the day. A responsible adult should stay with you for several hours.

WE MAY NEED TO RESCHEDULE FOR SAFETY

If you eat/drink within 8 hours, arrive without a driver, are ill, or do not disclose key medical conditions/substance use, sedation may be postponed.

Call us as soon as possible if you think you may not meet these requirements.

Frequently Asked Questions

Why is fasting so strict?

Fasting reduces nausea and lowers aspiration risk during sedation.

Can I take my morning medications?

Usually yes—take routine medications with a small sip of water unless instructed otherwise. Call if unsure.

Why can't my driver leave?

Your driver must be available so you can be discharged safely and quickly if needed.

What if I'm diabetic?

Check blood sugar the morning of surgery and report it. Call us if you are concerned about low blood sugar.

Why remove nail polish?

Pulse oximeters may not read accurately through dark polish or artificial nails, which can affect oxygen monitoring.

Alpine Valley Oral Surgery

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