Pre-Operative Instructions

1. **Do not eat or drink at least 8 hours prior to the procedure.** This means nothing not even water.

2. Do not take aspirin at least 5 days before the surgical procedure. If you are required to take aspirin, please notify the doctor.

3. If there is a change in your general health before the date of the surgery, the patient must notify the office before the procedure is performed.

4. **No Smoking** (before or after) the surgery.

5. Eyeglasses and contact lenses must be removed prior to the surgical procedure.

6. **Please be on time.** In order to provide you with the highest quality of treatment, it is necessary to have the entire time for the treatment.

7. Wear warm, comfortable, loose-fitting clothing the day of the surgery.

8. Please sign consent forms and care instructions before procedures.

9. The surgical procedure will cause temporary dizziness so it is strictly prohibited to operate any type of machinery (including a motor vehicle) after the procedure. That person must wait in the lobby until the surgery is completed.

10. **Bring a driver** with you the day of the surgery. In order to drive home after the procedure, you will not be able to drive yourself home. That person must wait in the lobby until the surgery is completed.

11. It is important that you take any regular medications using only a very small sip of water. Unless the doctor recommended not to take them.

12. Following the surgical procedure, you will require at least 48 hours of rest.

**Warning:** Due to the medication given during surgery, you are prohibited from operating any type of machinery and from making any physical force.

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Patients / Legal Guardian Signature

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Witness

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Dr. Villarreal

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Date

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Date

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Date