

MEDICAL FORM: You must arrange an appointment with your family doctor to complete the PRE-OP ASSESSMENT form. We require a copy of in our office 1 week prior to your appointment. Your physician can fax a copy to Southgate Surgical Suites. Fax (403) 942-6779

INSTRUCTION: Make sure you read and understand ALL instructions. NOT FOLLOWING THE INSTRUCTIONS CAN BE LIFE THREATENING.

- Do NOT eat anything for 12 hours prior to appointment.
 - Last meal before _____.
- CLEAR fluids are permitted up to 4 hours prior to your appointment.
 - Last drink before _____.
 - permitted clear fluids are (1) apple juice (2) water (3) clear powerade/gatorade (*if not on the list- consider it not permitted)
 - prohibited fluids include liquids like milk, yogurt drinks, orange juice, lemonade, citrus drinks.
- Avoid all alcohol 24 hours prior to your surgery.
- Avoid all recreational drugs prior to your surgery.
- No chewing gum or sucking on candy.
- If you develop any acute illness promptly notify your dental office and Southgate Surgical Suites. **symptoms include, but are not limited to, shortness of breath, cough or cold, fever, sore throat, chills, malaise and runny nose. We may need to reschedule your appointment.
- A responsible adult must accompany you home as your recover. This time frame can range from 8-24hours.
- You are not permitted to operate motor vehicles or machinery for 24 hours.
- Bring a current medication list including prescription, over-the-counter and herbal supplements.
- Electronic devices to occupy wait times and assist with recovery are permitted and encouraged.

DO NOT HESITATE TO CALL IF YOU HAVE ANY QUESTIONS.

SOUTHGATE SURGICAL SUITES suite #230 3120-32 St S, Lethbridge, AB (403) 942-6777

Please arrive to the suite on _____ at _____.