



SAN FRANCISCO
PLASTIC SURGERY
www.drkarenhorton.com

THE DAY OF SURGERY

General Anesthesia Cases

For surgery under general anesthesia (you are “going to sleep”), please arrive at our office at least 60 minutes before your surgery time. Please make arrangements for someone who knows and cares about you to pick you up after surgery. We also recommend you arrange for another adult to stay with you at home that night, or you should stay with them.

Before general anesthesia you must be “NPO” (“nil per os” in Latin) meaning fasting for at least 8 hours before surgery. For morning surgeries, do NOT eat or drink anything after midnight the night before surgery. For afternoon surgeries, our Nurse will let you know if you can wake up early to eat or if you should also be fasting at midnight.

Why be fasting? Prior to general anesthesia, your stomach must be completely empty (with the exception of prescribed medications with a baby sip of water) for at least 8 hours before surgery to prevent the risk of stomach contents entering the lungs, which can lead to aspiration pneumonia. If you have eaten or consumed non-clear liquids within 8 hours before your surgery time, your procedure will be subject to cancellation and rescheduling.

Local Anesthesia Cases

Examples of surgeries performed under local anesthesia with Pro-Nox and an anti-anxiety pill include nipple surgery, labiaplasties, scar revisions and small areas of liposuction planned awake.

Please arrive 15 minutes early for procedures planned under local anesthesia. You do not need to be fasting. Please come with a full stomach and take your anti-anxiety medication (which will be prescribed at your preoperative visit) on the way to our office. Please make arrangements for someone who knows you and cares about you to pick you up after surgery, including procedures under local anesthesia when you are taking anti-anxiety medication.