



## MUA: Instructions & Things to Remember

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*Please read all of the documents and information we have provided you very carefully. Please ask our staff to explain any items you do not understand. You may contact our staff at 623-298-1820.*

1. **ABSOLUTELY NO EATING OR DRINKING** anything within **8 hours** before each of your MUA procedures. You will have an IV for the anesthesia: please drink at least 16 ounces of water the night before your procedures so you are well hydrated.
2. If you take **BLOOD PRESSURE or HEART MEDICATION (but no water pills)** you may take them with a **SINGLE SIP OF WATER ONLY.**  
**IF YOU ARE DIABETIC, DO NOT TAKE YOUR GLYCEMIC MEDICATION IN THE A.M.**
3. If you become sick with a virus, sore throat, fever, or cough, please notify your physician before coming to the facility for your procedure. If any symptoms are present on any of the 3 days, please mention them to the staff without delay.
4. Please **DO NOT WEAR CONTACT LENSES ON ANY PROCEDURE DAY.**
5. You must have a designated driver, someone to stay here while you are having your procedure and to drive you home. **YOU CANNOT DRIVE A VEHICLE OR OPERATE ANY EQUIPMENT FOR 24 HOURS AFTER RECEIVING ANESTHESIA.**
6. Please come to the facility **30 minutes** before your designated appointment time each day. Please park on the south side of the building and come into the main lobby, Suite A100, for registration.
7. The MUA procedure is performed in your clothing, not a hospital gown. For this reason you must wear **loose fitting clothing such as a sweat suit, jogging suit, loose fitting athletic shorts, a short sleeve shirt, preferably with a v-neck, BRING SOCKS FOR YOUR FEET. DO NOT WEAR JEANS. DO NOT WEAR A BELT.** You may bring a removable jacket if you chill easily. **REMOVE ALL JEWELRY** before arriving to the facility. Please leave valuables at home.
8. Please arrange for someone to be in your home for the **ENTIRE EVENING** after returning from the procedure. The anesthesia may cause you to become light headed, sleepy, and unbalanced for several hours after your procedure.
9. If you are under the age of 18, you must be accompanied by a parent or guardian. You must be supervised by an adult in your home for the first 24 hours after each procedure.

*Again you may contact our staff at 623-298-1820, if you have any questions.*