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PRE-ANESTHESIA INSTRUCTIONS - ADULTS

Eating and drinking

The following eating and drinking instructions are extremely important to follow exactly as written to insure your safety under anesthesia. These are standard guidelines given to any patient having anesthesia and are meant to prevent the possibility of vomiting and aspirating vomit while sedated or groggy.

On the day of your appointment, you should not have any food to eat or liquids to drink at least **8 hours before the procedure**. Therefore, for example, if your appointment is at 8 a.m. the last food or drink you can have would be at 12:00 AM. It is very important that you do not suck on candy or chew gum within seven hours, or smoke within sixteen hours prior to your procedure. If you find it absolutely necessary, you may drink no more than one ounce of water up to four hours before your procedure

Transportation

Pre-arrangements should be made for a responsible adult to accompany you home upon discharge from the office.

Change in health status

If you have a change in health status before the appointment, for example, a cold, sore throat, cough, nausea or vomiting, or fever, please call your dentists' office as soon as possible so that we can contact you.

Medications

If you take any prescribed medication, please continue it on the day of the appointment. If it is an oral medication take it with a small sip of water. If it is an inhaler continue to use it at the regular time and bring it with you. If you are a diabetic or if you have other medical conditions such as high blood pressure and coronary artery disease we will discuss the exact medications you should take when we talk on the phone 1-2 days before your procedure.

Clothing

Wear comfortable, loose fitting clothes, a short sleeve shirt, and flat shoes on the day of your treatment. Please do not wear make-up, lotions, jewelry, or cosmetic hair products on the day of your treatment. Please try to void immediately before your anesthetic. To avoid potential embarrassment, we strongly recommend the use of "Depends" urinary incontinence products for patients with a weak bladder, or for dental treatments expected to last longer than 4 hours.

Questions

As we mentioned above, we will contact you one or two days before the scheduled procedure to answer any questions. If you have urgent concerns or questions that cannot wait, please contact us on our pager numbers. We will call you back as soon as we are able.

POST-ANESTHESIA INSTRUCTIONS - ADULTS

Pre-arrangements should be made for a responsible adult to accompany you home upon discharge from the office. You will not be allowed to leave the office by bus or taxi after anesthesia. You should plan to have a responsible adult stay with you until the next day. Do not plan to drive a vehicle or operate potentially dangerous equipment for twenty-four (24) hours after your treatment. Muscle aches and a sore throat similar to a mild flu may occur. It is also not uncommon to have mild dark bleeding or clots from one or both nostrils following dental surgery. This is nothing to be alarmed about, and will normally disappear in 24 to 36 hours. Your mouth and tongue may be numb following the dental treatment, resulting in a sensation of a foreign body or "lump" in your throat. This is perfectly normal, and will disappear in a few hours. Post-operative pain medication is the responsibility of the doctor or dentist. The first drink should be plain water, then fruit juice or Gator-Aide. Avoid soft drinks at first. Drink only small quantities of beverages during the first hour. After the first hour, you may eat small portions of food, as tolerated (preferably soft, bland and not hot). No alcoholic beverages for 24 hours. NO SMOKING for 24 hours. Pain medication on an empty stomach often causes nausea. If persistent nausea and vomiting, difficulty breathing, fever in excess of 101.5 degrees within the first 4 hours, tenderness and or redness near the IV site develops, or for any other anesthesia related concern developing within the first 24 hours, please call us at the numbers provided above. For all other matters, such as postoperative pain medication and wound or bleeding concerns, please contact your doctor or dentist.