

IMPORTANT INSTRUCTIONS REGARDING YOUR ANESTHESIA

You will always be given local anesthesia (made numb) for your surgery. Your surgeon will discuss with you the appropriate supplemental anesthesia for your procedure. Each requires different preparation on your part and, *for your safety*, it is important that you read and follow the instructions carefully. If you are unclear about any of these directions, please ask your doctor for clarification.

- LOCAL ANESTHESIA:**
1. Have a light meal a few hours prior to surgery.
 2. For more extensive procedures you may want to have someone drive you home.
 3. Plan to rest for a few hours after the surgery.

- ORAL PREMEDICATION:**
1. Take the prescribed medication as directed before the surgery.
 2. Have a light meal a few hours prior to surgery, *unless* you are having an I.V. anesthetic. (See anesthesia below.)
 3. You *must* have someone to transport you to and/or drive home.
 4. Rest for the remainder of the day. Do not drive, or operate power tools, machinery, etc., or plan to work or make business decisions while under the influence of sedation.

- NITROUS OXIDE:**
1. Have a light meal a few hours prior to surgery, *unless* you are also having an I.V. anesthetic. (See IV Anesthesia below)
 2. Because nitrous oxide may have lasting effects, we strongly suggest that a driver take you home after surgery. If not, you will be required to wait in the office until fully recovered from the effects of nitrous oxide.
 3. Plan to rest for the remainder of the day.

- I.V. SEDATION OR GENERAL ANESTHESIA:**
1. *Nothing to eat or drink, including water*, for six (6) hours prior to surgery. **TO DO OTHERWISE MAY BE LIFE-THREATENING !** *It is still important that you take any regular medications (high blood pressure, antibiotics, etc.) or any prescription that we may have provided, using only small sips of water.*
 2. Please wear shirt/blouse with sleeves that are easily drawn up above the elbow.
 3. For morning appointments, skip breakfast.
 4. For afternoon appointments, it is important to eat a light breakfast seven (7) hours before your appointment; and then skip lunch.
 5. You *must* have a driver take you home after surgery.
 6. Rest for the remainder of the day. Do **not** drive, or operate power tools, machinery, etc., or plan to work or make business decisions while under the influence of sedation.
 7. Please refrain from wearing contacts, makeup and wear closed toe shoes.

If you prefer to listen to your own music during the procedure, you may bring a music player with mini-earphones.

Our goal is to provide you with a safe, pleasant and effective anesthesia. In order to do this, it is imperative that we have your full cooperation. Please feel free to call us with any questions concerning your surgery or anesthetic.