

PRE-ANESTHETIC/ POST-OP PREPARATORY GUIDELINES

IV Sedation/Monitored Anesthesia Care/General Anesthesia

The following information outlines STRICT guidelines that you must adhere to prior to receiving anesthesia. Failure to do so could result in CANCELLATION of your case or possible COMPLICATIONS if not revealed to the doctor.

Day BEFORE Appointment Instructions:

- No food, water, or milk should be taken after MIDNIGHT the day before your procedure. A light meal for dinner is preferred.
- A responsible ADULT in charge of taking you home and receiving post-operative instructions must accompany you to your appointment. Please arrange for this prior to your arrival.
- Inform your doctor of ALL MEDICATIONS you are currently taking. Some medications may need to be discontinued while others should be continued the morning of with a small sip of water. Your anesthesiologist will instruct you on this.
- If you are developing a cold, fever, sore throat, flu-like symptoms, or any other acute illness, inform your doctor's office immediately.
- Pregnant women CANNOT receive elective IV sedation/general anesthesia. If you are possibly pregnant or actively TRYING to become pregnant, please inform your doctor.
- Do NOT use tobacco products, drink alcohol, or use recreational drugs prior to your appointment, as they will interact with our anesthetic medications.

Day OF Appointment Instructions:

- Do NOT eat or drink ANYTHING prior to your appointment unless instructed otherwise. This includes but is not limited to: sucking candies, lollipops, mints, etc.
- The adult accompanying you should not be distracted or have any other arrangements that day, as they will be responsible for your safety as you recover from anesthesia. Please refrain from bringing young children, as your chaperone will need to give you their full attention. They will also be given post-op instructions.
- Wear comfortable, loose-fitting clothing (T-shirt and pants), so that sleeves may be rolled up for IV placement and monitors. Do not bring unnecessary jewelry, watches, hairpins, etc. Do not wear excessive makeup, lipstick, or nail polish. Leave valuables at home.
- Do NOT wear contact lenses to your appointment. Glasses are preferred. If you must wear contacts, then please bring a storage container to remove them prior to your anesthesia.

AFTER Anesthesia Instructions

- It is common to feel groggy, tired, and/or disoriented following anesthesia. We recommend someone be with you for 6 HOURS following discharge from the doctor's office. Do NOT operate motor vehicles or heavy machinery or make any important decisions for 24 hours, as you will still be recovering from the after effects of anesthesia.
- Nausea/vomiting can be a side effect of anesthetic medications. Follow our diet instructions to avoid nausea. If you still have nausea after 6 hours, please call the doctor's office.
- Diet instructions: Please start with clear liquids (i.e. water, Gatorade, ginger ale, pulp-less juices, etc.) as soon as you can tolerate it after your procedure. If you do not experience an upset stomach, continue on to soft foods (i.e. mashed potatoes, bananas, smoothies, Jell-O) for the rest of the day. Avoid heavy meals, spicy food, seeds/nuts, etc. for 24 hours. If you are diabetic, continue your usual meal regiment and insulin schedule as instructed by your primary doctor.
- Pain/swelling may be associated with your post-op experience. Bruising near IV sites, sore throat, and jaw discomfort are common following certain cases. This usually will resolve in 24-48 hours. Please contact your doctor's office if you still feel pain for an extended period.