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Pre-Anesthesia Patient Instructions

Many oral surgery procedures can be performed in the office with the aid of nitrous oxide and oxygen (“laughing gas”), oral sedation, IV sedation or general anesthesia. By having one of the above-mentioned anesthetics, you can approach your oral surgery knowing that it will be a safe and comfortable procedure.

If you will be receiving medication by vein, along with local anesthetic, certain pre-operative instructions must be strictly followed...

1. **NOTHING** to eat or drink 6 hours before your surgery.

Your last meal 6 hours before your surgery will be a clear liquid diet (water, black tea, coffee, sport drinks, or fruit drinks without the pulp). No solids or dairy products.

2. A responsible adult (18 years or older) must be with you in the office **at the time of surgery and through the duration of the surgery** to drive you home and remain in the office during your surgery. Also, this person should plan to stay with you for 4 to 6 hours afterwards or longer if necessary, until the medication has completely worn off.

3. Anyone under the 18 years of age must be accompanied by a parent or guardian you trust.

4. Your judgment or reflexes may be impaired following anesthetic; therefore, you should refrain from driving a car or operating machinery for 24 hours after surgery.

5. No smoking for 24 hours before surgery and 48 hours after surgery.

6. Due to the fact that an IV will be started in your arm, please wear a shirt/blouse with loose fitting sleeves. Additionally, monitor leads are attached to your chest, arms and fingers. Therefore, females DO NOT wear dark nail polish on your right index finger and do not wear panty hose. Due to the need to have you laying back in the dental chair and having your head tilted upward; do not arrange your hair in a ponytail or bun at the back of your head.

7. DO NOT wear your contact lenses when you come for your surgical appointment.

8. Please empty your bladder immediately prior to your appointment time.

9. Your usual medications should be taken as indicated by your family doctor, unless instructed otherwise by your office. Please take them with as little water as possible.