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## Pre-Operative Care Instructions

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**\*\*\*PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY\*\*\***

### Pre-Operative Anesthesia Sedation Instruction

You will always be given local anesthesia for your surgery, but you may choose any of those listed below as a supplement. Each choice 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 anything, please ask your doctor.

For all surgery, please wear comfortable, loose-fitting clothing. Tops/shirts should have sleeves that are easily drawn up above the elbow. Females should remove nail polish before surgery, and apply as little makeup as possible.

**For all surgery, the escort accompanying the patient is asked to remain in the waiting area during the entire procedure.**

### INTRAVENOUS/GENERAL ANESTHESIA

Both of the anesthetics below include local anesthesia (although general anesthesia does not require its use.)

**INTRAVENOUS/GENERAL SEDATION:** Medications are given through a vein in your arm or hand, which will cause total relaxation and, although you will not actually be unconscious, there will be very little recall (if any) of the events surrounding surgery.

1. **DO NOT EAT OR DRINK ANYTHING (including water)** for eight (8) hours prior to surgery. However, it is important that you take any regular medications (high blood pressure, antibiotics, etc.) or any pre-medication prescription that we have provided, with a small sip of water.
2. For morning appointments, skip breakfast.
3. For afternoon appointments, eat a light breakfast eight (8) hours before your appointment and skip lunch.
4. Take any regular medications with only enough water to get the pill down.
5. You **MUST** have someone drive you home.
6. Plan to rest for the remainder of the day. Do not operate power tools, machinery, etc., for 24 hours after surgery.

**NITROUS OXIDE** is also known as “laughing gas.” You will be relaxed and somewhat less aware of your surroundings, but will recall most of the surgical event. Nitrous oxide is generally used in conjunction with local anesthesia, but may also be used to supplement the anesthetic choices below.

1. It is best to have someone drive you home.
2. Plan to rest for the remainder of the day.

### **ORAL PREMEDICATION**

May be a supplement to local anesthesia and is medication taken by mouth to produce relaxation before and during your operation.

1. Take the medication at the time directed before your surgery.
2. It is not safe to drive after taking sedative drugs, and you **MUST** have someone drive you to and from surgery.
3. Plan to rest for the remainder of the day. Do not operate power tools, machinery, etc., for 24 hours after surgery.

### **LOCAL ANESTHESIA**

Will produce a numb feeling in the area being operated on and a feeling of pressure during surgery. You will be awake and recall the surgery, but there should be no significant discomfort.

1. For more extensive procedures you may wish to have someone drive you home.
2. Plan to rest for a few hours after surgery.

### **GENERAL ANESTHESIA** (Office and/or Hospital Cases)

Medications are given through a vein which will result in total loss of consciousness, complete lack of recall of the event and usually a longer recovery time. General anesthesia has an excellent safety record as an office procedure, but may, if desired, be provided in a hospital setting. (Your health insurance may not cover you unless there is a bona fide medical reason for hospitalization.)

1. **DO NOT EAT OR DRINK ANYTHING (including water)** for eight (8) hours prior to surgery. However, it is important that you take any regular medications (high blood pressure, antibiotics, etc.) or any pre-medication prescription that we have provided, with a small sip of water.
2. For morning appointments, skip breakfast.
3. For afternoon appointments, eat a light breakfast eight (8) hours before your appointment and skip lunch.
4. Take any regular medications with only enough water to get the pill down.
5. You **MUST** have someone drive you home.
6. Plan to rest for the remainder of the day. Do not operate power tools, machinery, etc., for 24 hours after surgery.

### **OTHER SPECIAL INSTRUCTIONS:**

If you prefer to listen to your own music, feel free to bring a CD or cassette tape player with small earphones (not recommended with general anesthesia).

## **QUESTIONS:**

### **What are the benefits of IV sedation or General Anesthesia?**

Before your procedure begins, you will be given medicine to help you relax and feel comfortable. The medicine may make you feel sleepy. If you do fall asleep, you will wake up easily when we talk to you or touch you lightly.

### **What are the risks of IV sedation or General Anesthesia?**

As with any procedure, there are some potential risks. The more common risks include depression of breathing, low blood pressure, becoming overly sedated, or agitation. To reduce your risks, the doctor and nurse will monitor you closely during the procedure.

### **How will I be monitored during the procedure?**

The nurse will be checking your pain level, blood pressure, heart rate, breathing, oxygen level, and alertness during and after the procedure.

### **What do the nurses and doctors need to know about me?**

The need to know about any medical conditions you have and any medicines/drugs you take. These may affect how you respond to the procedural sedation. It is important that you answer their questions fully. Tell the nurse or doctor about any medicines/drugs that you have taken in the last 24 hours or take regularly and any medicines you stopped for the procedure. It is really important that you tell them about medicines you take for thinning your blood, diabetes, heart condition, blood pressure, pain, inflammation, and/or sleep.

### **How do I need to prepare for IV sedation or General Anesthesia?**

Do NOT eat or drink before your procedure, according to the instructions you have been given or the procedure may be canceled. If there is anything you do not understand, tell the nurse and the doctor so they can answer your questions.

### **What plans do I need to make for going home after IV sedation or General Anesthesia?**

You will need to have someone drive you home. You should plan to rest quietly at home until the next morning. While the medicine is wearing off, you will not be as alert as normal. It is recommended that you have someone stay with you until you are fully alert. You should not plan to do any activity which requires concentration or quick reaction time. Do NOT drive for 24 hours after procedural sedation or operate dangerous equipment or machinery.

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