

Pre-Operative Anesthesia Instructions for Outpatients

Before your appointment

- **You must not eat 6 hours prior to your sedation appointment** and can only consume clear liquids (water, black coffee, apple juice, Gatorade, soda) 2 hours prior to your appointment start time.
 - This is critical for our ability to keep you safe during your appointment. If not followed, this will result in having to cancel the scheduled appointment.
- **You must have a designated companion who will drive you to and from your sedation appointment** and will stay with you for a minimum of 4 hours after your appointment.
 - If this is not clearly and positively established prior to your procedure, your anesthetic may have to be canceled. You cannot go home alone by taxi, subway, or bus. You should not operate or drive any vehicle for 24 hours after surgery
- Patients under the age eighteen must have a parent or legal guardian present at the time of surgery in order to give written consent for anesthesia.
- Bring a list of all medications you are now taking. Include with this list the doses, how often, and when you take the medicines. Check with your dentist about taking any medicine on the day of surgery.
- Do not consume alcohol, grapefruit juice, St. Johns Wort, or any recreational drugs the day before or after your sedation appointment as they could adversely effect your sedation experience.
- Wear comfortable clothes and remove any nail polish. Nail polish interferes with our ability to monitor your oxygen levels and keep you safe.
- Arrive at least 30 minutes prior to your scheduled procedure. Patients who arrive late may have to have their procedure rescheduled for another day.
- Pregnant women cannot receive anesthesia for non-emergency procedures.
 - If a chance of pregnancy exists, a negative pregnancy test must be obtained prior to the day of appointment or your procedure will have to be cancelled.

If you have any questions or concerns, please call our office at **(336)- 226-0855**

After Your Appointment:

The effects of the sedation medications can last up to 24 hours following your appointment. These effects could include impaired judgement, reduced motor activity and balance, and memory loss.

To keep yourself and others safe, in the 24 hours following your appointment:

- You should not drive a car or operate heavy machinery
- You should not make any important decisions (personal or work related)
- You should not carry, sleep next to, or care for a young child
- You should not consume alcohol or any other controlled substances
- Avoid going up or down stairs
- Avoid heavy lifting

Recommended:

- Rest and perform calm activities such as reading, listening to music, or watching TV.
- Drink plenty of water to rehydrate. This is important to avoid the potential “hang-over” effect of sedation.
- Eat small frequent meals and avoid hot, spicy foods and carbonated drinks.
- Have someone hold your arm while walking, especially if you must go up or down stairs.
- If you have a CPAP, put it on when you get home.
- Take your post op medications as prescribed, especially the Tylenol/Ibuprofen combination.
- If nursing, pump and dump for 24 hours following your appointment.
- Resume your normal daily medications regime the following day.

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