

## PRE-OPERATIVE ANESTHESIA INSTRUCTIONS

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### **EATING AND DRINKING**

Patients should not have anything to eat or drink from midnight the night before your surgery. You must brush your teeth on the morning of your surgery, but only rinse and do not swallow any water. It is important that the patient undergoing I.V. anesthesia has an empty stomach. To do otherwise is life-threatening. Avoid drinking alcohol 24 hours before your appointment.

### **DESIGNATE A DRIVER**

A responsible adult must accompany you (and remain in the office during your procedure) and provide transportation home after the procedure. A legal guardian **MUST** be present to sign surgical and anesthesia consent if the patient is a minor (under the age of 18). Medical transport does not qualify as a driving escort. Without a driver escort that can remain in the office during your procedure, your surgery will be canceled.

### **MEDICATIONS**

You must let your physician know if you are altering the schedule of your prescriptions. All adjustments need to be approved by the doctor writing for your medications.

Do not take any medications before your surgery unless indicated below.

Do not take any narcotic pain medication (Vicodin, Percocet) or benzodiazepines (Valium, Xanax, Klonopine). Do not take anti-inflammatory/non-steroidal anti-inflammatory drugs (NSAIDs, Motrin, Alleve) for 3 days prior to surgery.

Do not take Aspirin for 1 week prior to surgery, unless otherwise instructed by your physician.

When undergoing I.V. anesthesia, you should take your blood pressure and/or heart medication with a small sip of water if you normally take them in the morning. You must inform Dr. Jaffery before you take any medication the morning of your surgery and anesthesia.

### **SMOKING**

You must stop smoking for 48 hours before and after your procedure as smoking may cause a delay in healing. Please do not smoke on the day of your surgery.

### **CLOTHING**

Please remove finger nail polish and acrylic (fake) finger nails from your index finger on your left hand. Wear short sleeve shirts, flat shoes, and warm comfortable pants. No sandals, flip flops, high heel or platform shoes. You should wear a tee-shirt under long sleeve sweaters or dress shirts as you will be asked to remove any long sleeve clothing. Contact lenses should not be in on your surgery appointment.

### **CHANGE IN HEALTH STATUS**

Please inform the staff and doctor if your medical history has changed since you were last seen in our office. This includes if you were recently seen in the emergency room, admitted to the hospital, you were diagnosed with a new condition or you have started taking any medications.

\*If you are pregnant or trying to get pregnant, it is **NOT** safe for you and your baby to undergo any type of sedation of other oral surgery procedure without approval from an *obstetrician/gynecologist*. You must inform Dr. Jaffery if this is the case.