



## **PRE-OP LOCAL ANESTHESIA AND NITROUS INSTRUCTIONS**

Please follow these instructions to prepare for oral surgery with local anesthesia or nitrous. You are encouraged to call the office prior to your appointment with questions or concerns.

- **Eat a Good Meal:** We recommend that you eat a nutritious meal before your appointment to ensure you are comfortable during the procedure. A balanced meal will help your body prepare for this procedure.
- **Hydration:** Be sure to drink water and stay hydrated before your surgery, unless otherwise instructed by your doctor.
- **Take All Medications as Usual:** Continue to take any prescribed medications as you normally would, unless your oral surgery office has specifically advised otherwise. If you are unsure about any medications, please contact our office prior to the procedure.
- **If You Are Diabetic:** Check your blood glucose levels in the morning before your appointment to ensure they are within your normal range. Please bring your Blood Sugar monitor with you. If you experience any significant changes or symptoms, please notify us right away.
- **If You Have Asthma:** Please bring your rescue inhaler with you.
- **If You Are Ill:** If you are feeling unwell, have a cold, fever, or any other illness, please notify our office as soon as possible. Rescheduling may be necessary for your health and safety.
- **Escort is Not Required:** While it is always helpful to have someone accompany you, it is not necessary for this procedure. You may drive yourself to and from your appointment if you feel comfortable.