

Ambulatory Anesthesia Practice

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PATIENT INSTRUCTIONS

You have been scheduled to receive dental treatment under Deep Sedation/General Anesthesia. The medications that will be administered will allow you to undergo this treatment in a safe and comfortable manner. The following instructions will help you prepare for this procedure. **FAILURE** to follow these instructions could put you at unnecessary risk and result in cancellation of the appointment.

- **All foods and drinks should be stopped 8 hours before coming to the dental office.**
- If you are taking any kind of **medication** on a regular basis, take your medication with a small sip of water on schedule before your appointment, unless advised not to by the anesthesiologist. If you are **DIABETIC**, please inform our office to discuss the pre-treatment instruction as it applies to you.
- Wear comfortable, loose-fitting clothing with **short sleeves**. Do not wear any jewelry, skin lotion or nail polish.
- Since you may be a little drowsy following treatment, **a responsible adult must escort you home, and be with you the entire day.**
- Arrange to have the **entire day off** from work, and limit your activities for the remainder of the day. Use caution when moving up or down stairs or when getting out of bed.
- Since you may be dehydrated after your operation, have adequate amounts of fluids and nutritional intake. Do not eat a big meal immediately after anesthesia. Your dentist will give you specific instructions for home care following the procedure, and guidelines for what to eat and any medications to take. There is a small chance that you experience nausea and vomiting after anesthesia and it may last up to 24 hours. Since dehydration is one of the contributing factors to nausea and vomiting, try to consume adequate amounts of clear liquid.
- Do not drive an automobile or operate machinery of any kind at least 24 hours after anesthesia or while taking narcotic pain medication.
- Do not consume alcoholic beverages 24 hours before and after your appointment.

Your comfort, convenience, and safety are our primary concerns. Please follow these instructions to help us achieve our goals.

Thank you.