

## IMPORTANT INSTRUCTIONS REGARDING YOUR DAY OF SURGERY

### **General Reminders for Your Surgical Appointment**

For your safety, it is important that you read carefully and follow the provided instructions.

Failure to do so may be life-threatening, especially with intravenous or intramuscular anesthetics. If you have questions regarding the instructions, please call our office.

- **Attire.** Wear comfortable, loose-fitting clothing and close-toe shoes. Short sleeves are preferred. For safety reasons, flip flops or other loose foot wear are not permitted.
- **Dental Hygiene.** Brush and floss your teeth before your appointment.
- **Accompanying Party.** All minors must be accompanied by their legal guardian. There are no exceptions for nannies, babysitters, older siblings, etc.
- **Blood Thinner Medications.** Prior to your surgery, we will review your current medications. Please make certain that our surgical team is aware if you are taking any “blood thinning” medications such as aspirin, warfarin, Pradaxa®, Eliquis®, Xarelto®, Effient®, Brilinta®, etc. We will discuss whether you will need to discontinue, or adjust the dosing for, any of those medications prior to your surgery.
- **Antibiotics.** If you need to take antibiotics prior to invasive dental work for joint replacements or for cardiac reasons (such as valve replacement), please let us know.
- **Antibiotics and Oral Contraceptives.** If you are taking oral contraceptives, please be aware that some antibiotics may decrease the effectiveness of birth control. Please check with your pharmacist and use a “back up method.”
- **Pregnancy.** If you are pregnant, if there is a chance you may be pregnant, or if you are nursing, please let us know.
- **Recent Sickness.** If you are ill or have been recently sick, please call our office to reschedule your appointment. 24-hours’ notice is greatly appreciated.

### **Surgery with Local Anesthesia Only (No Sedation)**

Local anesthesia (“Novocain”) will provide a numb feeling in the area being operated on with only a feeling of pressure during surgery. You will be awake and recall the surgery but there should be no significant discomfort.

- Have a light meal a few hours prior to surgery.
- It is okay to bring headphones to listen to your own music during the procedure.
- For more extensive treatment, you may wish to have someone to drive you home or to the pharmacy.
- In most cases, it is okay to take Tylenol® or ibuprofen prior to your procedure.
- Plan to go home and rest for a few hours after surgery rather than returning immediately to work.

### **Surgery with Nitrous Oxide (“Laughing Gas”) and Local Anesthesia**

- If you, or your child, will utilize nitrous oxide during surgery, please do not have any food or drink for a minimum of 2 hours prior to your surgery time. If there is food in the stomach when we administer nitrous oxide, nausea and vomiting may occur.

## GENERAL POST-OPERATIVE INSTRUCTIONS

### **Surgery with Oral Sedation (Valium®, Ativan®) and Local Anesthesia**

After consultation, you may be given a prescription for a “relaxing” (anti-anxiety) medication. It is important to take this medication as prescribed.

- If your surgery will be under local anesthetic alone, it is okay to have a light meal prior to your surgery .
- It is important to have someone drive you to and from your surgery appointment, as these types of medications make you drowsy. It is unsafe to drive for 24 hours after taking these medications.

### **Surgery with Intravenous (IV) or Intramuscular (IM) Anesthesia and Local Anesthetic (Sedation)**

After consultation, if you have elected to have more extensive anesthesia, either an IV will be placed in your arm or hand, or you will be given an injection into your arm muscle. These types of anesthesia are more extensive and will produce more profound relaxation and amnesia. You will be attached to a monitor during the procedure. Special instructions include:

- DO NOT eat or drink anything (**NOT EVEN WATER**) after midnight the night prior to surgery.
- If the doctor has given you instructions to take medication(s) an hour before surgery (blood pressure medications, antibiotics, relaxing medication, etc.), make sure you take the pill(s) with **only** enough water to swallow them.

**FAILURE TO FOLLOW THESE FASTING GUIDELINES WILL RESULT IN RESCHEDULING YOUR APPOINTMENT as you could have LIFE THREATENING COMPLICATIONS.**

**THERE ARE NO EXCEPTIONS.**

- If you are diabetic, you will be given special instructions about fasting but should plan to be our first appointment of the morning. Please bring your glucometer.
- Recent or active upper respiratory infections or asthma attacks may also be **life threatening**. If you have a respiratory infection, please call our office to reschedule for at least 6 weeks later.
- A responsible adult must accompany the patient to your visit, **REMAIN** in the office while your surgery is being performed and drive you home after instructions are given. **NO EXCEPTIONS.**
- Please do not wear lipstick, make up, moisturizers or heavy perfumes or fragrances. Nail polish must be removed as it may interfere with oxygen monitoring. Moisturizers on the wrists or ankles interfere with our EKG monitoring.
- Please do not wear contact lenses. Wear glasses on the day of surgery.
- Recreational drugs (including marijuana) must not be used for at least 72 hours prior to surgery as many of them may cause **FATAL CARDIAC ARRHYTHMIAS** during anesthesia.
- Sedation typically wears off quickly but may metabolize more slowly in some individuals, so you should **NOT drive, operate heavy machinery or make important decisions in the 24 hours after your appointment.** You should have someone at home with you for the first 24 hours after anesthesia.