

PRE-ANESTHESIA INSTRUCTIONS

You will always be given local anesthesia for your surgery, but you may choose additional anesthesia to supplement your procedure. Each choice requires different preparation on your part and for your safety it is important that you read and follow the instructions carefully.

For all surgeries, please wear comfortable, loose-fitting clothing. Tops/shirts should have sleeves that are easily drawn up above the elbow. Females should remove nail polish before surgery and apply as little makeup as possible.

If you are unclear about anything, please ask your doctor.

LOCAL ANESTHESIA

Local anesthesia is always a part of any procedure unless under general. It will produce a numb feeling in the area being operated on but there will be a feeling of pressure during surgery. You will be fully awake and recall the surgery, but there should be no significant discomfort.

- Have a light meal a few hours prior to surgery
- For more extensive procedures, you may wish to have someone drive you home
- Plan to rest for a few hours after surgery

NITROUS OXIDE

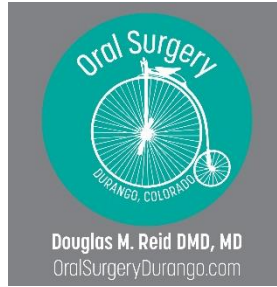
Also known as "laughing gas." You will be relaxed and somewhat less aware of your surroundings but will recall most of the surgery. Nitrous oxide is generally used in conjunction with local anesthesia but may also be used to supplement other anesthetic choices.

ORAL PREMEDICATION

This may be a supplement to local anesthesia and is medication taken by mouth to produce relaxation before and during your operation. We can supplement nitrous oxide with oral pre-medication to increase effects.

- Take medication prescribed at the time directed before your surgery: _____
- It is advised to fast for 6-8 hours prior to procedure. If you must eat that is okay. Just make sure it is a light meal. I.e: cup of fruit, yogurt. Avoid heavy foods.
- No alcohol, caffeine, nicotine, or marijuana 24 hours prior to taking your medication. These can cause the medication to under or over sedate you.
- It is not safe to drive after taking sedative drugs. You **MUST** have someone drive you to and from surgery
- Plan to rest for the remainder of the day
- Do not operate power tools, heavy machinery, vehicles, etc., for 24 hours after surgery

SEE BACK SIDE OF THIS PAGE FOR IV ANESTHESIA INSTRUCTIONS



INTRAVENOUS ANESTHESIA

INTRAVENOUS SEDATION

Medications are given through a vein in your arm or hand, which will cause total relaxation and, although you will not actually be unconscious, there will be very little recall, if any, of the events surrounding surgery.

Intravenous sedation includes local anesthesia (numbing).

- Do not eat anything for eight (8) hours prior to surgery
- Do not drink anything for two (2) hours prior to surgery
- It is encouraged to consume clear liquids (water or Gatorade) to help with hydration up to the 2 hours BEFORE procedure.
- It is also encouraged to consume clear liquids (water or Gatorade) the week of your procedure to help with hydration as well. This helps with IV insertion and healing from your procedure. **Dehydration will make things more difficult.**
- Please make sure to take any regular medications as prescribed
- You **MUST** have someone stay at the office during your procedure and then drive you home
- Plan to rest for the remainder of the day
- Do not operate power tools, heavy machinery, vehicles, etc., for 24 hours after surgery
- Please NO phones in the operating areas

ADDITIONAL NOTES FOR YOUR PROCEDURE: