

**These anesthesia instructions supersede any instructions given by your dentist.**

## INSTRUCTIONS PRIOR TO ANESTHESIA

*For your safety, all of these instructions must be strictly adhered to before commencing with the anesthesia. Neglecting any of the following may compel the doctor to cancel the start of treatment and a cancellation charge may be incurred.*

### Eating and Drinking

Patients for morning treatment shall have no food or liquid after midnight. Those for afternoon treatment may have a light meal six hours before the scheduled appointment, and have only clear liquids like apple-juice or water, up to four(4) hours before treatment time.

### Medications

Medications normally taken, should be taken unless otherwise agreed upon by this office, and may be taken only with a sip of water. Antibiotic pre-medications should always be taken when prescribed and at least one hour before arriving. Inform Dr. Davies of any change in the patient's medications or health. Do not have blood drawn or venipunctures within one week of surgery without contacting Dr. Davies.

### Clothing

Wear short sleeves, flat shoes and warm comfortable long pants and socks. Contact lenses must not be worn to the office. Remove all makeup, perfume, powders, lotions, oils, watches and jewelry before arriving. Leave all valuables at home.

### Transportation

A responsible adult must drive the patient, escort them into the office, and wait at least 30 minutes. They should have both primary and alternate ride information available. A change in their health, especially the development of a cold or fever, is very important. For their safety, they may be reappointed for another day. Inform Dr. Davies of any change in health prior to the appointment

### Note! :

The use of "STREET DRUGS" (MARIJUANA, COCAINE, HEROIN, etc.) is strictly forbidden for several weeks prior to the administration of any anesthetic and until full recovery is achieved. The reason for these restrictions is safety. The literature has reported that the mixture of "Street Drugs" and anesthetic agents has resulted in very serious complications including death. No smoking for 12 hours prior to surgery.

## INSTRUCTIONS FOLLOWING ANESTHESIA

After returning home, the patient should rest for the first day and be carefully watched.

### Getting Home

The patient must be accompanied home by a responsible adult. They must not plan to drive a vehicle or operate potentially dangerous equipment for twenty-four (24) hours after their treatment. They may not leave alone by bus or taxi. Companion services are available for these duties at their expense.

### Home

A responsible adult must be with the patient until fully recovered. Companion services are available for these duties at their expense.

### Discomfort

Muscle aches and a sore throat may occur similar to the flu. This is nothing to be alarmed about. It is common after general anesthesia and will normally disappear in 24 to 36 hours. It is far less common with conscious sedation. Post operative pain medication must come from your dentist.

### Drinking and Smoking

The patient should bring a cola and ensure to drink before they leave. When they get home the more they eat and drink, the better they will feel the next day. Do not allow them to sleep and miss another meal. Small amounts of food and beverages should be taken repeatedly. During the day the patient should sleep no more than than three hours without urinating, eating and drinking. Be sure to have them urinate once again before retiring for the evening. Food should be soft and not hot or spicy. No alcoholic beverages for 24 hours, NO SMOKING for 24 hours. (Pain medication or antibiotics on an empty stomach is the main cause of nausea)

### Intravenous Site

A very small percentage of all patients experience post-operative tenderness and/or redness in their hand or arm which is a chemical phlebitis associated with the intravenous infusion. If this occurs please call Dr. Davies at 949-362-9690. To reduce the incidence of phlebitis patients should keep the arm that had the intravenous line elevated and apply warm (100°F) moist heat as much as possible. If a phlebitis does occur the patient should take an anti-inflammatory agent.

### Seek Advice:

If vomiting occurs and persists beyond four hours.  
If their temperature remains elevated beyond 24 hours.  
If any other matter causes concern.

PLEASE CONTACT YOUR DENTIST FOR ALL PAIN MEDICATIONS

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