

## Pre-Procedure Instructions

- Do Not Eat for 8 hours before your scheduled procedure time. You can have clear liquids up to 2 hours before your procedure but the liquid must not contain milk, creamer, or pulp. Water, black coffee, and apple juice are ok up to 2 hours before your procedure.

- Your nurse anesthesiologist will call you the week of your scheduled procedure to review medical history, explain anesthetic plan, review medication list, and remind you not to eat 8 hours before the procedure. Please return our phone call if missed

- It is important that you provide your nurse anesthesiologist with a medication list prior to your procedure. We will review your medications and let you know what to take and what to hold. The weight loss medication Phentermine needs to be held for 14 days prior to anesthesia. Blood thinners require a consult from the prescribing physician to continue or hold (usually obtained by dental office).

-If you are diabetic and check your blood sugar please bring your glucometer. We will check it prior to your procedure and during or after the case.

-If you have asthma that requires use of an inhaler please bring the inhaler to the procedure.

-Wear comfortable clothing to your procedure. We recommend jogging or sweat pants and a thin long sleeve shirt. Do not wear a thick sweatshirt or "hoody" that cannot be removed as blood pressure will not read through it.

-We recommend wearing a depends/adult brief if your procedure is scheduled for more than 2 hours. We will have you use the restroom immediately before the procedure.

-Prior to your procedure you will need to arrange for a responsible adult to drive you home after your procedure and provide assistance if needed. If you live alone please arrange to have someone with you the first 8-12 hours after the procedure.

## Post-Procedure Instructions

-It is normal after receiving anesthesia to feel drowsy, dizzy, light-headed, and forgetful. This will improve throughout the day. Absolutely no driving, alcohol consumption, or big decision making for 24 hours after your procedure.

-If nasal intubation was performed please refrain from blowing your nose or heavy straining for 24 hours (this can increase risk of bleeding). If nose bleed does occur over the counter oxymetazoline (Afrin) nose drops can be used to stop bleeding. Please contact your anesthesia provider if nose bleed persists.

-Notified the dentist if you experience: uncontrolled nausea or vomiting, persistent bleeding at procedure site, fever over 100F, pain not controlled with Tylenol and ibuprofen, or drowsiness and/or dizziness lasting more than 8 hours.

-If at anytime the patient becomes difficult to arouse, has slow/shallow breathing, or skin becomes pale, dusky, or blue go to the nearest emergency room or call 911.

### Pain Management

-At the conclusion of the procedure your anesthesia provider will give a medication called ketorolac (Tordol). It is like ibuprofen (a nonsteroidal antiinflammatory NSAID) but is given IV. It will help control pain for up to 6 hours. Because it is similar to ibuprofen please do not take ibuprofen for six hours from the time it was administered during the procedure. Your anesthesia provider will inform you what time it was given at discharge.

-Tylenol can be taken after the procedure. Adults can take two 500mg tablets every 6 hours. Do not take more than 4000 mg in a 24 hour period. Your doctor may prescribe pain medication that contains Tylenol in combination with hydrocodone, oxycodone, or codeine (Norco, Percocet, or Tylenol #3). If they do we recommend taking these in place of Tylenol. It is best to wait and take these medications after the anesthetic has worn off, they can increase drowsiness.

-Your Dentist will inject local anesthetic at the completion of the procedure. This will also help with pain for the first 4-8 hours after the procedure.

**\*\*Please inform your anesthesia provider if you been advised by a physician to avoid NSAID's or Tylenol. People with kidney or liver disease may need to take lower dosages or avoid these medications.**