



## Adult Pre-procedure Anesthesia Instructions (Do Not Eat)

**Do Not Eat Guidelines:** National Guidelines for all patients receiving anesthesia dictate that the patient may not eat anything for at least 8 hours prior to the procedure.

**Therefore do not eat anything past midnight. This includes avoidance candy and gum.**

**Water / Gatorade:** You may drink water or gatorade up to 3 hours prior to the procedure. If you are to be at the dentist office at 730 am you can have water until 430 am but not past that time.

Other liquids: You may **not** have juices or coffee with cream.

**COFFEE:** You are allowed to have  $\frac{1}{2}$  **cup** of black coffee up to 3 hours before the procedure but not after. ( NO SUGAR, NO CREAM)

**Medications:** You may take your morning medications with sips of water at least **1 hour** prior to the procedure,

**Inhalers:** If you take inhalers in the morning, please take them as directed and bring them in with you.

**Diabetes Medications and Insulin:** We will ask you to talk to your prescribing physician about doing in the morning of the procedure. In general oral hypoglycemic medications like Metformin are not to be taken because you are also not eating. In general Insulin doses are cut by half in the morning of the procedure. **Despite this we ask you to talk to your physician for your individual recommendations. Please bring your glucometer.**

**Smoking:** Avoid Smoking in the morning of the procedure. If you feel that you may have withdrawal symptoms please purchase a nicotine patch and use it starting the night before or the morning of the procedure.

**Alcohol :** Avoid for 48 hours before the procedure.

**Marijuana :** Avoid for at least 72 hours before the procedure.

**Clothing :** Please wear loose-fitting clothing with short sleeves or sleeves that can easily be rolled above your elbows.

**Do not wear lipstick, excessive makeup, or dark or metallic nail polish.**

**Change in Health:** Please notify us immediately of any changes in health such as recent illness, hospitalizations, or changes in medications.

### **Post-Anesthesia Instructions**

**You must have an adult available for driving you home after the procedure.**

Following these post-anesthesia instructions will help ease your recovery and get you back to feeling like yourself again.

- 1) The responsible adult chaperone for you or your child must drive you home and should remain with you until fully alert.
  
- 2) Relax and recover for the remainder of your day of surgery. It is normal to feel tired, groggy, forgetful, or even “hung-over” after sedation and anesthesia. Do not operate a motorized vehicle or heavy machinery during your recovery or while taking any prescribed narcotic pain medications. Your judgment, coordination, and mental acuity will be impaired. Please avoid strenuous activity, sports, rough housing, and work until fully recovered.
  
- 3) You may experience some discomfort during recovery such as tenderness around the IV or injection site, sore or scratchy throat, headache, and general muscle ache. These will subside quickly and are normal.
  
- 4) Do NOT drink alcohol for 48 hours.
  
- 5) Do NOT use any drugs or medications not specifically prescribed to you without first consulting your doctors.
  
- 6) Local anesthesia given during the procedure will last several hours. Avoid hard foods until this numbness wears off as you may bite your lip. It is beneficial to take your prescribed pain medications before the local anesthesia wears off.
  
- 7) Advance your **diet** as slowly as you are able to tolerate. It is best to start with clear liquids such as apple juice or Sprite. If nausea develops during recovery, go back to clear liquids or bland foods such as crackers. Then, slowly introduce foods again. Remember to drink plenty of fluids while recovering, even if you don't feel like eating, as you do not want to become dehydrated.

If you have any questions please contact us at

[info@SafeDentalSedation.com](mailto:info@SafeDentalSedation.com)