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## Pre-Operative Instructions for Surgery and Anesthesia

### GENERAL:

- Prepare for your post-operative period so that your experience and outcome is the best it can be. Read instructions provided. Your doctor and/or surgical assistant will review the post operative procedures after your surgery, giving you an opportunity to obtain clarification, as necessary.
- Prepare for a recuperation period. Patients undergoing a procedure similar to yours require (on average) a minimum of \_\_\_\_\_ days of recuperation, during which time you should plan to be away from work/school and have limited physical activity.
- If the patient is a minor (less than 18 years of age), a parent or legal guardian must be present during the surgery.
- Cell Phones – please turn off cell phones while in the surgical and recovery rooms.
- If you prefer to listen to your own music, you may bring an i-pod (or similar) with small earphones.

### IF YOU ARE SCHEDULED FOR INTRAVENOUS ANESTHESIA:

- Have an empty stomach. See further instructions on the back of this page.
- Do not drink alcohol the day before your surgery.
- Arrange for a responsible person to escort you to your appointment, remain with you in our office for the duration of your surgery, and drive you home.
- Clothing –
  - Wear comfortable and warm two piece clothing, with short sleeves or sleeves that can be easily drawn above the elbow.
  - Wear shoes that are comfortable and safe. Do NOT wear Flip-Flops or high heels.
  - Do not wear excessive jewelry.
  - Bring loose fitting sweater or jacket because the surgery and recovery rooms are often cool to the recovering patient.
- Remove contact lenses, except perma-lenses, before your surgical appointment.
- Austin Oral Surgery is not responsible for contact lenses, jewelry, cell phones, or other electronics.

### MEDICATION:

- Have all prescriptions filled prior to your surgical appointment.
- Begin taking medications as prescribed by your oral surgeon. Instructions will be on the bottle. Note that you should begin taking the antibiotic, ibuprofen, and peridex (if prescribed) the night prior to your surgery.
- Continue taking any / all medications which have been prescribed by other doctors for other medical conditions.
- If it is necessary to take medication on the morning of the surgery and you are scheduled for intravenous anesthesia, use the least amount of water necessary to swallow them.

## ANESTHESIA

You will always be given local anesthesia for your surgery, but you may choose any of those listed below as a supplement. Each choice requires different preparation on your part. For your safety, it is important that you read and follow the instructions carefully. If you are unclear about anything, please ask your doctor or a member of our clinical team.

- **LOCAL ANESTHESIA** will produce a numb feeling in the area being operated on and 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 **unless you are also having intravenous or general anesthesia.**
  - For more extensive surgical procedures you may wish to have someone drive you home.
  
- **NITROUS OXIDE** is also known as “laughing gas.” You will be relaxed and somewhat less aware of your surroundings, but will recall the surgical event. Nitrous oxide is used in conjunction with local anesthesia.
  - For more extensive surgical procedures you may wish to have someone drive you home.
  
- **INTRAVENOUS (“IV”) ANESTHESIA** - IV anesthesia is a technique that requires the placement of an IV to administer the medications that will lessen your awareness of your surroundings. These medications are short acting (24 hours) and do not normally carry the side effects (nausea and vomiting) associated with hospital anesthetic agents (inhaled gases). For most patients, it results in partial or total lack of recall of the surgical events. IV Anesthesia does require specific planning and preparation on your part.
  - **Prepare as follows:**
    - **HAVE AN EMPTY STOMACH**
      - If your surgery is scheduled for 1:30 pm or before, you should have nothing to eat or drink (including water except as indicated in the medication section) after midnight before your surgery appointment.
      - If your surgery is scheduled for later than 1:30 p.m., you may have a light breakfast, **at least** 6 hours before surgery:
        - 6 ounces of liquid - limited to apple juice, water, or black coffee. No sugar or milk products should be added to the coffee or other liquid.
        - DO NOT eat or drink anything else after the early breakfast.
    - Plan to rest for the remainder of the day. Do not drive; operate power tools, machinery, etc., for 24 hours after surgery.

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**NOTES AND/OR OTHER INSTRUCTIONS:**