

## IMPORTANT INSTRUCTIONS REGARDING YOUR 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 and for your safety it is important that you read and follow the instructions carefully. If you are unclear about anything, please ask your doctor.

For all surgery, 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.

**LOCAL ANESTHESIA** is the same that you might receive for dental fillings. The area being operated on will be numb. You will feel pressure during surgery. You will be awake and recall the surgery, but there will be no 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** is also known as “laughing gas.” You will be relaxed, but recall most of the surgical event. Nitrous oxide is used in conjunction with local anesthesia, but also may be used to supplement the choices below.

- You may have a light meal four (4) hours prior to surgery.
- For more extensive procedures you may wish to have someone drive you home.
- Plan to rest for the remainder of the day.

**INTRAVENOUS SEDATION:** Medications are given through a vein in your arm or hand. The medications 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.

**IV DEEP SEDATION:** Medications are given through a vein. The medications will result in total loss of consciousness, complete lack of recall of the event and usually a longer recovery time. Deep sedation has an excellent safety record as an office procedure. **Smoking cannabis or drinking alcohol prior to surgery will cause anesthetic complications. Smoking cannabis or drinking alcohol may require higher doses of medication for anesthesia and pain management.**

- **Do not have anything (soft or solid) to eat past 10pm the night prior to surgery. Drink no more than 8 ounces of water or Gatorade two hours prior to surgery to take medications.** It is important that you take any regular medications (high blood pressure, antibiotics, etc.) or any pre-medication prescription that we have provided.
  - **Do not wear contact lenses on day of surgery. Wear a loose-fitting shirt.**
  - For morning appointments, skip breakfast. For afternoon appointments, eat a light breakfast (6) hours before your appointment, then skip lunch.
  - **You must have someone accompany you to the office, drive you home and stay with you afterwards. We require escorts to remain in the office while you are in surgery.**
  - Plan to rest for the remainder of the day. Do not drive, operate power tools, machinery, etc., for 24 hours after surgery.
- **The instructions above are for intravenous sedation and deep sedation.**
  - My goal is to provide you with a safe, pleasant and effective anesthetic. In order to do this, it is imperative that we have your full cooperation. Please feel free to ask or call about any questions concerning your surgery or anesthetic.

**\*\*TAKE IBUPROFEN (MOTRIN, ADVIL) OR TYLENOL AS DIRECTED AT CONSULT APPOINTMENT 2 HOURS PRIOR TO SURGERY**