

### **IMPORTANT INSTRUCTIONS REGARDING YOUR ANESTHESIA**

Note: If you would like to keep your tooth/teeth after surgery, please let us know in advance. Due to OSHA regulations, we cannot retrieve teeth that have already been discarded in the medical waste container.

Any prescriptions are determined based on the outcome of the procedure and will be given in person at the end of the surgery. We are not able to send prescriptions in before the day of surgery.

You will always be given local anesthesia (made numb) 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 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. **Wear long pants.** Females should remove all nail polish before surgery and apply as little makeup as possible. All jewelry should be left at home as it could snag or get lost.

**LOCAL ANESTHESIA:** Will produce a numb feeling in the area being operated on. You will be awake and recall the surgery, but there should be no significant discomfort, only a slight feeling of pressure during the surgery.

1. Have a light meal a few hours prior to surgery.
2. For more extensive procedures, you may want someone to drive you home.
3. Plan to rest a few hours after the surgery.

**ORAL PREMEDICATION:** May be a supplement to local anesthesia and is medication taken by mouth to produce relaxation before and during your operation.

1. Take the prescribed medication as directed before the surgery.
2. Have a light meal a few hours prior to surgery, **unless you are also having IV anesthesia.**
3. **It is not safe to drive after taking sedative drugs. You MUST have someone transport you to the office and drive you home.**
4. Rest for the remainder of the day. Do not drive, operate power tools/machinery, or plan to work or make business decisions while under the influence of sedation for (24) hours after surgery.

**NITROUS OXIDE:** Also known as 'laughing gas.' You will be relaxed and somewhat less aware of your surroundings, but will recall most of the surgical event. Nitrous oxide is generally used in conjunction with local anesthesia, but may also be used to supplement other anesthesia choices.

1. Have a light meal (8) hours prior to surgery.
2. It is best to have someone drive you home.
3. Plan to rest for the remainder of the day.

## INTRAVENOUS ANESTHESIA

Both of the anesthesia options below include local anesthesia (although general anesthesia does not require its use).

**INTRAVENOUS SEDATION:** Medications are given intravenously in your arm or hand, which will cause total relaxation and although you will not be completely unconscious, there will be very little recollection (if any) of the events surrounding surgery.

1. **Do not eat any heavy foods (fried foods, fatty foods, meat, protein shakes, protein water, milk, cream, oatmeal, butter, cheese) for (8) hours prior to surgery. You may have a LIGHT MEAL (dry toast, banana) (6) hours before surgery.** It is important, however, that you take any regular medications (high blood pressure, antibiotics, etc.) or any pre-medication prescription that we have provided (**using only a small sip of water, enough to get the pill down**).
  - a. **Up to (2.5) hours before surgery, you may ONLY have these clear liquids:**
    - i. Water, Sprite, apple juice, Jell-o, black tea, or black coffee with nothing in it(**NO MILK, CREAM, OR SUGAR**).
    - ii. Anything else is considered food and will result in cancellation of surgery for safety reasons.
2. **You MUST have someone drive you home.** This person must remain in the lobby during surgery. **Uber/Lyft is not acceptable. Your driver needs to be able to take care of you medically.** A \$150 charge will be incurred if escorts delay your pickup from surgery.
3. Plan to rest for the remainder of the day. Do not operate power tools/machinery for (24) hours after surgery.
4. **Wear a short-sleeve shirt to allow access for IV placement, and long pants (leggings, sweats, pajama pants).** Avoid light colored shirts.
5. Remove any nail polish to avoid interference with the pulse ox monitor. Do not wear contact lenses.
6. Wear hair down so that your head fits comfortably in the head rest of the surgery chair.
7. If the patient is to take oral Versed, the Versed must be consumed within (10) minutes of the appointment start time. If the patient is non-compliant, the surgery will have to be rescheduled and possibly conducted at the hospital instead.
8. **Videos and pictures, including those taken on cell phones, are not allowed anywhere in the office.** This is to comply with HIPAA regulations and to protect everyone's privacy, including the staff.
9. Only patients are allowed past the waiting room during surgeries in order to protect the sterile environment in the operatories, and to allow our entire staff to focus on the care of the patient.
10. Abstain from any recreational drugs or alcohol, for (24) hours before your appointment as they may have harmful or even life-threatening side effects when combined with anesthesia.
11. **Abstain from ANY form of marijuana for (2) weeks prior to surgery.** This may have life-threatening effects when combined with anesthesia.

**GENERAL ANESTHESIA:** Medications are given intravenously which will result in total loss of consciousness, complete lack of recall of the event and usually a longer recovery time. General anesthesia has an excellent safety record as an office procedure, but if desired, may be provided in a hospital setting. Your health insurance may not cover the cost unless there is a significant medical reason for hospitalization.

1. The same instructions offered above for intravenous sedation apply for general anesthesia.

Our goal is to provide you with safe, pleasant and effective anesthesia. In order to do this, it is imperative that we have your full cooperation. Please feel free to call us with any questions concerning your surgery or anesthesia options.

### **Prescriptions**

- Due to pharmacies' unpredictable inventory and staffing problems, obtaining prescriptions can sometimes be a frustrating process.

- Prescriptions are determined based upon the outcome of the procedure. Therefore, prescriptions are not provided ahead of surgery. Patients are given long-lasting numbing medications during surgery, so prescription pick-up is not urgent. Most prescriptions do not start until the day after surgery.
- Due to DEA regulations, we cannot prescribe narcotics ahead of time due to the risk of surgery cancellations.
- Effective 7/1/23, narcotics must be sent electronically by law. Please provide your pharmacy of choice at surgery check-in so we can ePrescribe your prescriptions upon completion of surgery.
- Once a script is sent in, it cannot be duplicated. Due to inventory shortages, it is important you confirm your pharmacy has the medications in stock and if the pharmacy takes your insurance.
- Most patients can achieve successful pain management with Tylenol and Motrin alone, so filling the narcotic is optional.
- We prescribe medication based on medical necessity. We do not let insurance dictate what we prescribe. It is the patient's responsibility to find out any preauthorization requirement for prescription benefit coverage.