IMPORTANT INSTRUCTIONS REGARDING YOUR ANESTHESIA

You will always be given local anesthesia for your surgery, but you may choose additional comfort options 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** 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.

1. Have a light meal a few hours prior to surgery.
2. For more extensive procedures you may wish to have someone drive you home.
3. Plan to rest for a few hours after 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 medication at the time directed before your surgery.
2. Have a light meal a few hours prior to surgery **unless** you are also having intravenous or general anesthesia.
3. It is not safe to drive after taking sedative drugs, and you **MUST** have someone drive you to and from surgery.
4. Plan to rest for the remainder of the day. Do not operate power tools, machinery, etc., for 24 hours after surgery.

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

1. **Do not eat or drink (other than clear liquid)** for six (6) hours prior to surgery. **However**, it is important that you take any regular medications (high blood pressure, antibiotics, insulin, etc.) or any pre-medication prescription that we have provided**. You should drink plenty of water prior to your surgery, up to two hours before the appointment time. This will help make the start of sedation easier by “pumping up” your veins.**
2. All patients must be accompanied by a responsible adult who is responsible for transportation to and from the office (no motorcycles, buses, or taxi cabs). Minors **MUST** be accompanied by a parent at all times.
3. Patients should wear a short-sleeved, button down the front shirt and MUST remove contact lenses prior to surgery.
4. Take NO ASPRIN or other BLOOD THINNERS (like Ginkgo, St. John’s Wart, Omega 3 fatty acids) 5 days prior to surgery unless directed otherwise by your physician. Inform the doctor if you regularly take anti-inflammatory products like Aspirin, Ibuprofen (Advil) or Aleve.
5. Patients should plan on eating some light but nutritious food after surgery.
6. Following your appointment, do not:
   1. drive an automobile
   2. operate any machinery
   3. drink alcohol
   4. sign any important or binding paperwork

*Our 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.*