

## ANESTHESIA BY GRACE

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### INSTRUCTIONS FOR PATIENTS PRIOR TO SEDATION

*The instructions herein must be strictly adhered to before commencing with anesthesia. Neglecting any of the following may compel the doctor to cancel the start of treatment.*

- Eating and Drinking** Do not eat **solid foods** for six (6) hours before your scheduled appointment. Clear liquids (water, non-pulpy fruit juices, black coffee, soda) may be taken up to 3 hours prior to the scheduled appointment time.
- Medications** Medications normally taken should be taken with a sip of water unless otherwise agreed upon by this office. The use of "STREET DRUGS" (MARIJUANA, COCAINE, HEROIN, etc.) is strictly forbidden for several weeks prior to the administration of any anesthetic and until full recovery is achieved. The reason for these restrictions is safety. The literature has reported that the mixture of "Street Drugs" and anesthetic agents has resulted in very serious complications including death. No smoking for 12 hours prior to surgery.
- Clothing** Short sleeves or no sleeves, pants comfortable, flat shoes are recommended. **Contact lenses, eye makeup and dark fingernail polish** must be removed before the anesthetic is administered. Leave all valuables at home.
- Change in Health** A change in your health, especially the development of a cold or fever, is very important. For your safety, you may be reappointed to another day. If possible, inform the office of any change in health prior to your appointment.
- Consent** Read the consent for anesthesia form and bring it with you signed and witnessed the day of the appointment. All consent forms must be signed before taking any pre-medication.
- Arriving** If you have been given a pre-medication, a responsible adult must drive you to the office. Arrive early. **YOU ARE NOT PERMITTED TO DRIVE ONCE THE MEDICATION IS TAKEN.**
- Going Home** The patient must be accompanied by a responsible adult for transportation home. After returning home, the patient should be watched for the first day and be carefully watched. Do not plan to drive a vehicle or operate potentially dangerous equipment for twenty-four (24) hours after your treatment. Do not take a bus or taxi home after surgery.

### INSTRUCTIONS FOR PATIENTS FOLLOWING SEDATION

- Pain** Depending upon the procedure performed, you may experience some pain or discomfort. Take your prescribed medication as directed to minimize or eliminate this problem.
- Drinking** The first drink should be plain water. Sweet drinks can be taken next (fruit juice or Gatorade). Small drinks should be taken repeatedly. Food may be taken when desired. Follow your doctor's instructions as to an appropriate diet following surgery. No alcoholic beverage for 24 hours.
- Intravenous Site** A small percentage of all patients experience post-operative tenderness and/or redness in their hand or arm which is a chemical phlebitis associated with intravenous infusion. If this occurs please contact our office. To prevent phlebitis, the patient should keep the arm that had the intravenous line elevated and apply warm (100°F) moist heat as much as possible. If phlebitis does occur, the patient should take an anti-inflammatory agent such as aspirin or ibuprofen.

**Call Dr. Grace at (214) 677-8542:** If vomiting persists beyond four (4) hours; temperature remains elevated beyond 24 hours; If any other matter causes concern.