



Pre-Operative Instructions: 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.

For all surgery, please wear comfortable, loose-fitting clothing. Tops/shirts should have sleeves that are easily drawn up above the elbow. Remove nail polish before surgery and apply as little makeup as possible.

For all surgery, the escort accompanying the patient is asked to remain in the waiting area during the entire procedure.

LOCAL ANESTHESIA

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.

- For more extensive procedures, you may wish to have someone drive you home.
- Plan to rest for a few hours after surgery.

NITROUS OXIDE

Nitrous oxide is also known as “laughing gas.” You will be relaxed and somewhat less aware of your surroundings, but will recall most of the surgical events. Nitrous oxide is generally used in conjunction with local anesthesia, but may also be used to supplement the anesthetic choices below.

- It is best to have someone drive you home.
- Plan to rest for the remainder of the day.

ORAL PREMEDICATION

Oral premedication may be a supplement to local anesthesia and is medication taken by mouth to produce relaxation before and during your operation.

- Take the medication at the time directed before your surgery.
- It is not safe to drive after taking sedative drugs, and you **MUST** have someone drive you to and from surgery.
- Plan to rest for the remainder of the day. **DO NOT** operate power tools, machinery, etc., for 24 hours after surgery.

IV SEDATION/GENERAL ANESTHESIA

Medications are given through a vein, 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 may, if desired, be provided in a hospital setting. (Your health insurance may not cover you unless there is a bona fide medical reason for hospitalization.)

- **DO NOT** eat or drink anything (including water) for 8 hours prior to surgery. However, it is important that you take any regular medications (high blood pressure, antibiotics, etc.) or any pre-medication prescription that we have provided, with a small sip of water.
- For morning appointments, skip breakfast.
- For late afternoon appointments, eat a light breakfast 8 hours before your appointment and skip lunch.
- Take any regular medications with only enough water to get the pill down.
- You **MUST** have someone drive you home.
- Plan to rest for the remainder of the day. Do not operate power tools, machinery, etc., for 24 hours after surgery.

OTHER SPECIAL INSTRUCTIONS:

If you prefer to listen to your own music, feel free to bring a phone with small earphones.

Our goal is to provide you with a safe, pleasant, and effective anesthetic. It is imperative that we have your full cooperation. Please feel free to ask or call about any questions concerning your surgery or anesthetic.