

Important Instructions regarding your Anesthesia

You will always be given local anesthesia for your surgery. Your surgeon will discuss with you the appropriate supplemental anesthesia for your procedure. Each 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 any of these directions, please ask your doctor for clarification.

Local Anesthesia will produce a numb feeling in the area being operated on and you will be aware of a feeling of pressure during surgery. You will be awake and recall the surgery, but there should be no significant discomfort. Feel free to communicate any significant concerns during the procedure if needed.

- 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.

Oral Pre-Medication 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.
- Have a light meal a few hours prior to surgery, unless you are also having intravenous or general anesthesia.
- It is not safe to drive after taking sedative drugs, and you must have an escort to drive you to and from surgery. Your escort must be at least 18 years of age or older and REMAIN in our office during your entire procedure.
- Plan to rest for the remainder of the day. Do not drive, operate power tools, machinery, etc., for 24 hours after surgery.
- Do not make any important decisions such as signing documents, etc.

Nitrous Oxide is also known as “laughing gas.” You will be relaxed and somewhat less aware of your surroundings, may have a heightened sense of hearing, 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 the anesthetic choices below.

- You may have a light meal 4 hours prior to surgery.
- If anxious or more extensive of a procedure it is best to have someone drive you home, but is not necessary.
- Plan to rest for a few hours after surgery.

Intravenous Sedation/General Anesthesia Medications are given through a vein in your arm or hand, which will cause total relaxation.

- Nothing to eat or drink, including water, for (6) hours prior to surgery. **TO DO OTHERWISE MAY BE LIFE-THREATENING!** However, it is important that you take any regular medications (high blood pressure, antibiotics, etc.) or any prescription that we may have provided, **using only a small sip of water.**
- You **MUST** have an escort at least 18 years of age or older to drive you home and that will **REMAIN** in our office during your entire procedure.
- Plan to rest the remainder of the day after surgery. Do not drive, or operate power tools, machinery, etc., or plan to work or make business decisions while under the influence of sedation for 24 hours after surgery. No rigorous exercising should be performed days following surgery. Consult with your doctor on appropriate time to return to normal schedule.
- Please wear comfortable, loose-fitting clothing. Tops/shirts should have sleeves that can easily be pulled up above the elbow. It is also important to wear flat, fully enclosed, or tie-up shoes that will assist you in walking following the procedure. **Females should remove nail polish, gel, or acrylic nails before surgery, and apply as little makeup as possible.**

Other Special Instructions:

If you prefer to listen to your own music during the procedure, you may bring a music player with mini-earphones.

For IV sedation/ General Anesthesia, leave all devices, personal belongings, and/or weapons in the waiting room with your escort.

ATTENTION

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office at 757-499-6886. Hours are Monday through Thursday from 8 to 4:30 (8 to 3 on Friday).

A 24-hour answering service is available to contact the doctor on call after hours. Calling during office hours will afford a faster response to your question or concern.

NOTE: Calls for Narcotic (pain) medication refills are **ONLY** accepted during office hours.