



DENTAL SURGEONS & IMPLANT CENTERS OF FALL RIVER AND DARTMOUTH

Instructions to General Anesthesia or Intravenous Sedation Patients

1. **DO NOT EAT OR DRINK ANY FOOD OR LIQUID, NOT EVEN WATER, FOR AT LEAST EIGHT (8) HOURS PRIOR TO SURGERY.**

If medication must be taken, the smallest amount of water necessary should be used.

REASON: your stomach should be empty from food and liquid to minimize the possibility of Vomiting. This can be life threatening during general anesthesia.

We ask that you refrain from heavy exercise or drinking alcohol the day prior to your surgery.

2. Loose clothing should be worn; sleeves should be easily drawn up past the elbow.

REASON: A blood pressure cuff will be placed on your arm and a stethoscope on your chest to monitor your blood pressure, pulse and respiration during the entire procedure. An EKG and other monitoring equipment may be applied.

3. A responsible adult must accompany you and should be available to sit with you in the recovery room and accompany you home after surgery.

4. When you arrive at the office you will be asked to certify that you have had **nothing to eat or drink for at least eight (8) hours** prior to your anesthesia and that you will be supervised by a responsible adult following the surgery.

5. Please advise us of any changes in your health history, any recent medications, or any questions you have regarding your treatment. **Heavy Alcohol intake on the day preceding your treatment is NOT advisable.**

6. Any patient accepting General Anesthesia or I.V. Sedation must follow these instructions and must agree:

- ✓ Not to drive a vehicle or operate any machinery within the same day.
- ✓ Not to undertake any responsible business matters within the same day.
- ✓ Not to drink any alcohol that day.
- ✓ Not to take any medication without approval.

7. Antibiotic premedication should be taken with the smallest amount of water possible.

8. Medications given to reduce anxiety should be taken as directed with the smallest amount of water necessary. These medications will cause drowsiness and you should use caution if you have taken them prior to coming to the office.

9. Do not take medications unless approved by the doctor, Do not mix these medications with alcohol.

10. Children who have been premedicated should be supervised at all times. For children 9 years of age and younger it is advised that you have a second adult with you on the day of surgery (one to care for the child and one to drive home).

Your appointment is:

Day _____ Date _____ Time _____

Post Surgery Dietary Suggestions

Start with clear cool liquids. Avoid extremely hot foods and carbonated beverages. Do not use a straw the day of surgery. It is sometimes advisable to confine the first day's intake to liquids or pureed foods (soups, Jell-O, slushy drinks, applesauce, pastas, etc.) it is best to avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the socket areas. Over the next several days you may gradually progress to solid foods. It is important not to skip meals! If you take nourishment regularly you will feel better, gain strength, have less discomfort and heal faster. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor. Also to avoid milky creamy produces for 24 hours post surgery such as yogurt, ice cream, milk shakes and pudding.

Post –Surgery Appointments

In some cases, you will be asked to return for a post surgical or follow up appointment. It is important to make these appointments to ensure good healing, and avoid infections or other post surgical issues.