

## Springwater Dental

8325 SE Harney St., Suite 101

Portland, OR 97266

Office: (503) 228-5059

After Hours: (503) 238-2811

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### **PATIENT INSTRUCTIONS BEFORE ANESTHESIA**

The following information is provided to answer commonly asked questions regarding your IV sedation appointment. If you have any additional questions or concerns please do not hesitate to ask.

- Arrangements must be made for a responsible adult to drive you home after the IV sedation appointment. You will be unable to leave the office alone. Your escort must be present in the office before the start of the appointment and if no escort is present the procedure will be cancelled. If you have been given a prescription to take the night before or the day of the appointment, your escort must drive you to the office.
- You should not have anything to eat for at least *eight hours* before your appointment. You may have small amounts of clear liquids (water, apple juice) up to *two hours* before the appointment.
- Due to sterility and safety reasons we are not able to allow anyone to accompany the patient into the operating room during the appointment.
- Please advise us if there have been any changes to your medical history and/or medications. If you should develop a cold, the flu, a sore throat, or any other illness, the appointment may need to be postponed to a later date. Please advise us if these symptoms develop.
- Please wear comfortable, loose-fitting clothing with *short-sleeves*. This will facilitate placement of the necessary monitors and IVs.
- It is recommended that for the first few hours following your appointment someone is available to assist you until fully recovered from the effects of the anesthesia.
- You will receive a call 24-48 hours before the appointment for a pre-anesthesia evaluation.
- If you have any questions, please let us know.

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## PATIENT INSTRUCTIONS FOLLOWING ANESTHESIA

- Return home and rest the balance of the day.
- For at least 24 hours or until fully recovered from the effects of the anesthesia, you should avoid:
  1. Operating mechanical or electrical devices that might produce injury (for example, heavy machinery, automobiles, motorcycles, power tools, etc.).
  2. Walking stairs without assistance.
  3. Making important decisions or signing legal documents.
  4. Consuming alcoholic beverages.
  5. Smoking.
- Nausea and vomiting may occur up to 72 hours after your appointment. Here are some suggestions to reduce your risk of developing post operative nausea and vomiting:
  1. Avoid moving quickly. After sitting or lying down, stand *slowly*. If you experience dizziness or lightheadedness, sit or lie down immediately. Avoid bending over or changing positions suddenly. If you are experiencing any nausea, attempt to remain still with your eyes closed.
  2. Proper hydration will reduce nausea and liquids may be consumed as soon as desired. Start by drinking frequent, small quantities of clear fluids (e.g. water, apple juice). Drink plenty of fluids for the next 24-48 hours.
  3. Do not eat any solid foods for at least 3 hours after your discharge. When you do begin to eat, eat small quantities of food *SLOWLY*.
  4. Pain may increase the nausea. Pain medications should be taken as directed. If you are unable to take the pain medications due to vomiting or if the pain medications do not adequately control your pain, please call our office.
- If you are having any soreness, swelling, or pain at the I.V. site, place a warm towel or washcloth over the area for 20-30 minutes. Repeat as needed every 6-8 hours. If these symptoms have not improved in 48 hours please call.
- If you experience a sore throat, a cool, non-carbonated drink is recommended.
- Medications should be taken as directed.
- Please call in the event you experience any problems or have any questions.

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Patient, Guardian, Caretaker, 3<sup>rd</sup> Party

Date

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Witness

Date