

SoCal Sleep Dentistry
(818) 351-9737

PRE - OPERATIVE ANESTHESIA INSTRUCTIONS

Food/Drink	<p>8 HOURS BEFORE APPOINTMENT</p> <p>Stop all solid food or any product with fats in it (including milk, ice cream, and chicken broth). This is crucial. If a patient under anesthesia has food in his/her stomach, it can be vomited and inhaled into the lungs – this is a life-threatening emergency. The patient may drink clear liquids (water, apple juice, jelly, plain tea or coffee <i>without cream or milk</i>) up to 2 hours prior to the appointment</p> <p>2 HOURS BEFORE APPOINTMENT</p> <p>Stop all liquids. No water, chewing gum, candies or cough drops are allowed.</p>
Transportation	<p>You must have arrangements for a responsible adult companion to be physically present in the dental office at the time of discharge to escort the patient home. Patients under 18 years of age must have a parent or legal guardian present at the time of the procedure in order to give written consent for anesthesia.</p> <p>If you are driving a small child home, there must be another adult in the car to take care of the child, or you may elect to use a cab or car service. Adult patients may not leave in a cab alone.</p>
Medications	<p>If you regularly take prescription medication in the morning, on the day of your appointment, you may take your usual medications with a small sip of water (unless instructed otherwise by your anesthesiologist).</p> <p>If you have taken any illegal drugs, it is imperative you inform the anesthesiologist for your safety. Certain drugs can interact with the anesthesia drugs used and it is very important you are honest with your anesthesiologist.</p>
Clothing	<p>Please dress in comfortable, loosely fitting clothing (no onesies), and wear a short-sleeved shirt so we can easily start the IV and place all monitors. Contact lenses or false eyelashes should not be worn. You may bring your own blanket, or one will be provided for you, as patients do get cold during anesthesia. For young children or adults undergoing procedures longer than several hours, please bring an extra set of underwear (or diapers) and clothes in case of urination during anesthesia.</p>
Illness	<p>If you have developed a cold or fever or have other changes in your health, call your dentist as soon as possible, at least 1 day before your appointment. It may be safer to reschedule for another day.</p>
Pregnancy	<p>Pregnant women may not receive anesthesia for elective surgery. Please inform your anesthesiologist if there is any chance you may be pregnant.</p>

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POST-OPERATIVE ANESTHESIA DISCHARGE INSTRUCTIONS

Activity	The patient may feel tired and sleepy for several hours after the appointment. The patient should not drive, bike, swim, sign important documents, or do other activities requiring coordination for the remainder of the day. If the patient is a child, please ensure a responsible adult is available to care for the child for the rest of the day. Do not leave the child unattended or allowed to nap alone. Patients may go back to school or work the following day.
Diet	Patients should start with drinking clear liquids (water, tea, Gatorade) and then progress to soft foods, especially if the patient's mouth is numb. It may be best to avoid heavy or greasy meals until the patient has recovered. The dentist may have additional dietary restrictions depending on the dental procedures completed.
Nausea/Vomiting	Nausea and vomiting can occur after anesthesia. The patient was given anti-nausea medication through the IV during the procedure. If the patient becomes nauseous, clear liquids are recommended until the nausea passes. If vomiting persists for longer than 4 hours, please contact the anesthesiologist.
Discomfort/Pain	<p>It is not uncommon for the patient to experience some discomfort or pain following the dental procedure. The anesthesiologist may have given IV pain medications and the dentist may have given local anesthesia ("Lidocaine") during the procedure, but these medications wear off within hours.</p> <p>The patient may experience a sore nose or sore throat, which should resolve in a day or two. If the patient has a severe nosebleed or severe difficulty breathing, please dial 911 immediately and inform your anesthesiologist. Additionally, there may be tenderness or bruising at the IV site, as well as redness where the patient's heart and breathing were monitored. This too will resolve in hours or days.</p>
Pain/Fever Control	<p>A low-grade fever, usually under 101° F, may develop after anesthesia. This is a normal side effect of the medications given, a side effect of which may be decreased sweating ability. For pain and fever control, over-the-counter medications may be given according to the directions on the box as long as the patient is not allergic:</p> <ol style="list-style-type: none">1. Acetaminophen (Tylenol) may be given immediately, and every 6 hours after that as needed.2. Ibuprofen (Motrin/Advil) may be given at a specified time as directed by your anesthesiologist, and every 6 hours after that as needed.3. Either acetaminophen or ibuprofen may be given, or BOTH may be given, as needed. Please do not exceed the recommended dosages indicated on the boxes. <p>If pain or fever persists despite taking the recommended medications, please contact the dentist.</p>
Medications	The patient should resume taking all prescribed medications at their next normally prescribed time.

