

IMPORTANT INSTRUCTIONS REGARDING YOUR ANESTHESIA

You will always be given local anesthesia for your surgery, but you may choose any of the listed below as a supplement. **Each choice 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 anything, please ask the doctor or staff member.

For all surgery, please wear **comfortable, loose-fitting clothing**. Tops should be short sleeve or are easily raised above the elbow. It is also important to wear flat, fully closed-toed or tie-up shoes that will assist you in walking. **NO FLIP-FLOPS**. Both of the following anesthetics include local anesthesia (although general anesthesia does not require its use).

INTRAVENOUS ANESTHESIA: Medications are given through a vein in your arm or hand, which will cause total relaxation and, although you will not actually be unconscious, there will be very little recall (in any) of the events surrounding surgery.

1. **DO NOT EAT ANYTHING (including water!)** for **eight (8) hours prior to your surgery.** It is important that you take any regular medications (**high blood pressure, antibiotics, thyroid, etc.**) or any pre-medication prescription that we have provided, **using only a small sip of water.**
2. For anesthesia appointments, ***DO NOT eat or drink anything***, including water, coffee, as well as no mints or gum **after midnight the night before your appointment.**
4. You **MUST** have a driver, someone over the age of 18, to be available to **stay in the building with you, and drive you home, and stay with you for 8-10 hours after surgery.**
5. Plan to rest for several hours after surgery. Do not operate a vehicle, heavy machinery, power tools, etc. for a full 24 hours after surgery.
6. **DO NOT EXERCISE THE MORNING OF YOUR SURGERY.**
7. Drink plenty of water the day **before** your surgery.

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 the procedure unless there is a bona fide medical reason for hospitalization.

1. **DO NOT EAT ANYTHING (including water!)** for **eight (8) hours prior to your surgery.** It is important that you take any regular medications (**high blood pressure, antibiotics, thyroid, etc.**) or any pre-medication prescription that we have provided, **using only a small sip of water.**
2. For anesthesia appointments, ***DO NOT eat or drink anything***, including water, coffee, as well as no mints or gum **after midnight the night before your appointment.**

3. For afternoon appointments, eat a light breakfast **eight (8) hours prior** to your appointment, **skip lunch.**
4. You **MUST** have a driver, someone over the age of 18, to be available to **stay in the building with you, and drive you home, and stay with you for 8-10 hours after surgery.**
5. Plan to rest for several hours after surgery. Do not operate a vehicle, heavy machinery, power tools, etc. for a full 24 hours after surgery.
6. **DO NOT EXERCISE THE MORNING OF YOUR SURGERY.**
7. Drink plenty of water the day **before** your surgery.

LOCAL ANESTHESIA: Produces a numb feeling in the area being operated on and you will be aware of pressure during the surgery. You will be awake and recall the surgery, there should be no significant discomfort.

1. Have a light meal a few hours prior to surgery.
2. For more extensive procedures you may wish to have someone drive you home.
3. Plan to rest for a few hours after surgery.

ORAL PREMEDICATION: This may be a supplement to local anesthesia. This is a medication taken by mouth to produce relaxation before and during your surgery.

1. Take the medication as directed prior to your appointment.
2. Have a light meal a few hours prior to your appointment, **unless you are also having Intravenous or General Anesthesia. Then you can not eat anything!**
3. **DO NOT DRIVE AFTER TAKING A SEDATIVE DRUG.** You **MUST** have someone drive you to and from an appointment.
4. Plan to rest for several hours after surgery. Do not operate a vehicle, heavy machinery, power tools, etc. or sign documents for a full 24 hours after surgery.

Our goal is to provide you with a safe, pleasant, and effective anesthesia. In order to do so, it is imperative that we have your full cooperation. You are encouraged to ask any questions concerning your surgery or anesthesia. Feel free to call our clinic as well.