

## **DR. RAJU PRE-OPERATIVE ANESTHESIA INSTRUCTIONS**

You will always be given local anesthesia for your surgery, but may supplement your treatment with sedation. Sedation 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 your doctor.

### **GENERAL INSTRUCTIONS**

- Wear comfortable, loose-fitting clothing. Tops/shirts should have sleeves that are easily drawn up above the elbow. Remove nail polish before surgery, and apply as little makeup as possible.
- Pick up your prescriptions. If you have already had a consultation, your prescriptions have already been called in. Some of the medications are to be started prior to your actual surgery, so please read the instructions for each prescription carefully.
- If you have been instructed in your consultation, consider taking 600mg of ibuprofen and/or 975mg of acetaminophen 1 hour before your surgery.
- If you have been offered to have a consultation and treatment done on the same day, your prescriptions have not been called in. If you have anxiety regarding your surgery, please follow the directions listed for **Intravenous Sedation**.

### **LOCAL ANESTHESIA or NITROUS OXIDE**

- Have a light meal before your appointment.
- You may drive yourself to and from the appointment.  
For extensive procedures, you may wish to have someone drive you home.

### **ORAL SEDATION**

- Take sedation medication as prescribed.
- Do not mix your sedation medication with other medications that cause drowsiness (opioids, antihistamines, etc.) unless your surgeon has instructed otherwise. Do not mix your sedation medication with alcohol or recreational drugs.
- You must have a responsible adult drive you home. You cannot drive to or from your appointment as you will be impaired. You cannot have a taxi or ride-share service take you home. Note that your driver will be given information about your treatment.
- Do not operate power tools, machinery, drive, make important decisions, etc. for 24 hours after surgery.

### **INTRAVENOUS SEDATION (MODERATE or DEEP)**

- No solid food may be eaten for at least eight (8) hours prior to surgery. Failure to do so may result in a prolonged hospitalization or death.
- Clear liquids (water, Gatorade) may be taken up to three (3) prior to surgery and is often encouraged. Patients who go for a long period without water will be dehydrated which can make starting an IV difficult.
- You should take your regular medications (high blood pressure, antibiotics, etc.) or any pre-medication prescription that we have provided, using only a small sip of water (2 ounces).
- You must have a responsible adult drive you home. You cannot drive to or from your appointment as you will be impaired. You cannot have a taxi or ride-share service take you home. Note that your driver will be given information about your treatment.
- If you have had a respiratory tract infection within 4 weeks of your planned sedation, please notify the office immediately. Your appointment may have to be rescheduled for your safety.
- Do not operate power tools, machinery, drive, make important decisions, etc. for 24 hours after surgery.

*Our goal is to provide you with a safe, pleasant and effective anesthetic. In order to do this it is imperative that we have your full cooperation. You are encouraged to ask or call about any questions concerning your surgery or anesthetic.*

Please contact our office if you have any questions or concerns.