



PRE OP ANESTHESIA INSTRUCTIONS

Many oral surgical procedures can now be performed in the office with the aid of sedation or general anesthesia. You will receive medication through and an IV, along with a local anesthetic. Because of this there are certain instructions that must be strictly followed. **If you are unclear about anything please ask your doctor.**

1. **Nothing to eat or drink** after midnight the night prior to your surgery (including gum or mints).
2. A responsible adult (18 years old or older) **MUST** accompany you to our office, they must stay at our office during the time of your surgery (a vehicle must remain on the premises at all times), and drive you home.
3. Plan to rest for the remainder of the day and have a responsible adult with you for 24 hours after the surgery. Do not drive, operate power tools, machinery, etc., for 24 hours after surgery or while taking narcotic pain medications.
4. Anyone under 18 years of age **MUST** be accompanied by a parent or guardian (with appropriate documentation).
5. **NO SMOKING** for at least 48 hours prior to surgery.
6. Due to the intravenous (IV) line will be started in your arm, please wear a short sleeve shirt. **DO NOT** wear nail polish or acrylic nails on any of your fingers. Due to the need to be in a supine chair position and your head tilted upward; do not arrange your hair in a ponytail or bun style at the back of your neck. Wear long warm pants and shoes that stay secure on your feet (no flip flops).
7. If you wear contact lenses, **DO NOT** wear them the day of surgery. Pierced tongue, nose, and lip rings need to be removed prior to surgery.
8. Please empty your bladder just prior to your surgery appointment.
9. **IF YOU ARE GIVEN PAIN MEDICATIONS DO NOT START PAIN MEDICATION BEFORE YOUR SURGERY.**
10. If you have an illness such as a productive cough, cold, sore throat, fever, stomach or bowel upset, please call our office.
11. It is important that you bathe the night prior to the surgery or the morning of the surgery to help reduce the risk of infection.
12. If you take routine medications, please check with Dr. Quitmeyer prior to your surgery for instructions.
13. Other special instructions _____ N/A _____.

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. Please feel free to ask or call about any questions concerning your surgery or anesthetic, our office number is 540-433-1751 or toll free at 1-888-433-1751.