

# Pre-Anesthesia Instructions

**For your safety, ALL of these instructions must be strictly followed prior to commencing anesthesia. Neglecting any of these items may be cause to cancel that day=s treatment.**

**EATING AND DRINKING:** It is imperative that the patient undergoing I.V. anesthesia has an empty stomach. Patients with morning appointments should not have anything to eat or drink from midnight the night before. Patients with afternoon appointments should not have anything to eat for 8 hours prior to the appointment and may drink clear liquids ( i.e. apple juice and water, NO MILK ) up to 4 hours prior to the appointment.

**CHANGE IN HEALTH:** A change in health, especially the development of a cold or fever with congestion of the nose and/or chest is very important. Congestion of the nose and/or chest may compromise the airway. Please notify Dr. Matsunaga and your dentist of any change in the patient=s health. It may be necessary to reschedule the appointment.

**DESIGNATE A DRIVER:** A responsible adult must accompany and provide transportation home after the procedure. It is recommended that they remain in the office during the procedures. Arrange to have a responsible adult with the patient until the next day to provide care as needed.

**STREET DRUGS:** The use of AStreet drugs@ (marijuana, cocaine, heroin, etc) is strictly forbidden for several weeks prior to anesthesia and until full recovery is achieved. Literature has reported serious and potentially lethal complications when Astreet drugs@ and anesthetic agents are mixed.

## The day of surgery

**CLOTHING:** Wear short sleeves, flat shoes and warm comfortable pants. DO NOT wear nail polish or excessive makeup. No contact lenses. Leave valuables at home. For children, bring a change of clothing and a small blanket.

**MEDICATION:** Take any prescription medications as directed, unless otherwise instructed by your physician and/or Dr. Matsunaga.

**ARRIVAL:** Please arrive at the dentist=s office at least 10 minutes prior to the appointment time. This will allow you time to use the restroom prior to sedation and treatment.

**AT THE OFFICE:** After a brief examination in the dentist=s office, an intravenous line will be started. An uncooperative child will be given an injection in the arm or leg that will render them sleepy and cooperative for the placement of the I.V. Medications will be given via the I.V.. For the optimal safety of the all patients, state of the art monitors will be placed to continuously evaluate the status of the heart and lungs from the beginning of treatment until recovered for discharge. Each anesthetic is individualized for the specific patient, medications administered, dosages and recovery times vary.

**LEAVING THE OFFICE:** Due to the lingering effects of anesthesia, a patient must have a responsible adult to accompany them to their overnight destination. A patient will not be allowed to leave the office by taxi or bus without a responsible adult.

# Post-Anesthesia Instructions

**EATING, DRINKING and SMOKING:** As soon as the patient is able, encourage fluid intake beginning with clear liquids (water, Gatorade, soda, fruit juice and popsicles) and advance as tolerated to a regular diet. Encourage as much liquid intake as tolerated to reduce the occurrence of nausea and/or vomiting, a common side effect of anesthesia. If vomiting occurs, do not become alarmed, this is normal. Wait 1 hour to let the stomach calm down before trying again with water. Keep all liquids and food at room temperature. Hot liquid and food may cause bleeding, cold items may not be tolerated due to pain, but will be helpful if swelling is expected. The patient should not be allowed to sleep for prolonged periods of time without urinating. For adults: NO ALCOHOL and NO SMOKING for the first 24 hours.

**ACTIVITY:** The patient must not drive or engage in moderate to high physical activity for 24 hours or until the effects of the anesthesia have subsided completely. Do not plan to drive a vehicle or operate potentially dangerous equipment for 24 hours after anesthesia. Judgement may be impaired during this time as well, the patient should not be allowed to make any critical decisions until fully recovered from the anesthesia. For children, DO NOT allow them to swim, bike ride, or play with other children until the next day.

**SLEEPINESS:** The patient may be sleepy for a time after anesthesia. The duration of drowsiness varies with the depth of the anesthesia and the duration of the treatment. To avoid falling off a bed or sofa, you may want to place a blanket on the floor and allow the patient to sleep there. All post operative patients should sleep on their side supported by a pillow behind their back. This will help to maintain an adequate airway during sleep and if vomiting occurs. The patient's chin should be in an extended position away from the chest. This will also aid in keeping the airway open and facilitate effortless breathing. A responsible adult should arouse the patient every 1-2 hours for the first 4-6 hours after anesthesia to ensure a smooth recovery.

**PAIN or FEVER:** A pain reliever will be given via the I.V. during the procedure which should last 5-7 hours. Supplemental oral pain relievers should be obtained through your Dentist. Muscle aches, tired jaw muscles and a sore throat are common after anesthesia and usually resolve by themselves within 24-36 hours. Encourage deep breathing and coughing to clear lungs of any accumulated secretions. For children: a fever of up to 101 degrees F may develop for the first 12 hours. Tylenol elixir every 3 to 4 hours as directed, with plenty of liquids will alleviate this condition.

**EVENING PHONE NUMBER:** Be sure to provide Dr. Matsunaga with a phone number where she can reach the patient and care provider later that day to check on the progress of recovery and to answer any questions you may have.

**SEEK ADVICE:** If vomiting persists beyond 4 hours, or temperature remains over 101 degrees F for more than 24 hours, contact Dr. Matsunaga .

**IF THE PATIENT BECOMES UNRESPONSIVE OR HAS DIFFICULTY BREATHING CALL  
911 IMMEDIATELY!**

**IF YOU HAVE ANY QUESTIONS, CALL DR. MATSUNAGA (888)208-9500**