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Pre-operative Instructions for Surgery with IV Sedation or Oral Sedation

Eating and Drinking

It is extremely important that patients have an empty stomach prior to anesthesia. Do not have anything to eat for eight (8) hours or anything to drink for three (3) hours before the scheduled appointment. Acceptable drinks include: water, apple juice, Sprite, Kool-aid and coffee. Do not drink milk, milk like products, or orange juice.

Medications

For your safety, inform the anesthesiologist and the doctor of all medications you are currently taking. Medications should be taken normally and **only** with a sip of water.

Clothing and Makeup

You should wear comfortable, loose fitting clothes. Preferably, **wear a short sleeve blouse or shirt** to facilitate blood pressure monitoring. Please remove contact lenses before your appointment.

Change in Health

Any change in your health or medications should be reported to us as soon as possible. Please call the office if you develop a cold or fever. For safety purposes you may need to be re-appointed.

Arriving and Going Home

You must have a responsible person take you home from the appointment. Please use the restroom before starting the procedure. You should also have someone stay with you the rest of the day. Do not take a taxi or bus home. Do not operate or drive potentially dangerous equipment for twenty-four (24) hours after treatment. The day of surgery we will go over instructions for post-operative care.

Instructions Following Anesthesia

Eating and Drinking

As soon as you are able, drink plenty of room temperature clear liquids such as water, fruit juice, Gatorade, or Sprite. This helps reduce and prevent the chance of dehydration, nausea, and vomiting. Eat soft foods when desired. Do not smoke or drink alcoholic beverages for 24 hours.

Intravenous Site

A small percentage of patients experience post-operative tenderness and/or redness in their hand or arm which is a local inflammation associated with intravenous infusion. If this occurs, patients should keep the arm elevated, apply warm moist heat as much as possible and take an anti-inflammatory agent. **If any other unusual situations arise, please contact Dr. Hale immediately 281-392-6000.**

Practice Limited to Periodontics and Implants
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American Academy of Periodontology: American Dental Association