

CHAMPLAIN VALLEY ORAL & MAXILLOFACIAL SURGERY

ANESTHESIA INSTRUCTIONS FOR OUR SURGICAL PATIENTS

Our goal is to provide safe and effective anesthesia for your procedure. You must follow the instructions below in order for this to be achieved. Your cooperation and compliance are required. Failure to follow these instructions could delay your surgery by several hours or require your appointment to be rescheduled altogether. After having discussed anesthetic options with you, your doctor plans to use the following type of anesthesia.

Local Anesthesia

- No special requirements necessary.

Using Oral Pre-medications (Valium)

- Take the prescribed medication as directed by your surgeon prior to surgery.
- Have a light meal a few hours before your surgery **UNLESS** you are also having Intravenous (IV) Anesthetic. *See instructions for IV anesthesia below.*
- You must have a designated driver to bring you to the office and home after your surgery.
- You will need to rest for the rest of the day after your surgery.

Using Nitrous Oxide

- Have a light meal a few hours before your surgery **UNLESS** you are also having Intravenous (IV) Anesthetic. *See instructions for IV anesthesia below.*
- We strongly recommend you have a designated driver to take you home.
- You will need to rest for the remainder of the day after your surgery.

Intravenous Anesthesia/General Anesthesia

- Do not have solid foods or liquids containing fats, including milk, after midnight **PRIOR** to your surgery.
- You may have fat free liquids (also known as ‘clear liquids’) up to **4 hours** before the scheduled time of your surgery. Fat free clear liquids include water, fruit juice without pulp, carbonated beverages, Jell-O, black or sweetened coffee and tea, and fat free broth.
- Take your medications as directed with a small sip of water at any time prior to your surgery.
- Children under 1 year of age may have breast milk up to **4 hours**, and formula up to **6 hours**, prior to their surgery.
- You must not have any cold symptoms or congestion.
- You must have an adult (18 years of age or older) who is licensed to drive with you when you arrive at the office. This person is required to stay in the office during your entire procedure.
- Do not wear contact lenses the day of your surgery; wear your eyeglasses instead.
- Wear loose, comfortable clothing, including flat shoes and a short sleeve shirt, the day of your surgery. Bring a sweatshirt or sweater, even during the summer months.