

ANESTHESIA INSTRUCTIONS

For your safety, preoperative and postoperative anesthesia instructions must be strictly followed. Non compliance with instructions may result in unpredictable negative outcome or may be caused to cancel your procedure. Cancellation fee of the full estimated anesthesia charges will apply.

PRE-ANESTHESIA INSTRUCTIONS

- **Health history:** Obtaining an accurate health history from you is important when preparing for any procedure done under anesthesia. Please be prepared to provide your healthcare team an accurate list of all medications and dosages you are currently taking including vitamins and herbal medications. Be sure to contact your anesthesiologist immediately if your medical condition should change prior to the procedure, particularly if you should develop a cold, cough or fever with congestion, since this may compromise breathing and it may be necessary to reschedule your procedure.
- **Smoking:** If you are a smoker and are planning to have dental surgery, it is highly recommended that you take steps right away to quit smoking. Smokers have an increased chance of complications during and after surgery. The earlier you quit before surgery, the greater your chances of avoiding complications. It is especially important not to smoke 24 hours prior to procedure, and to remain off cigarettes for as long as possible after the procedure.
- **Transport:** The patient must be driven home by the responsible adult (public transportation or taxi is unacceptable). Your escort, responsible adult, should remain in the office throughout the procedure. Law requires the use of car seat for all children under the age 6 or weighing less than 60 lbs. Child carseat should be placed within the visibility of the parents to monitor the child during the ride. It is strongly suggested that responsible adult caregiver stays with the patient during the first 24 hours after anesthesia. If you have any questions regarding returning back to work, please consult your anesthesiology provider.
- **Eating and drinking:** As a general rule, you should not eat or drink anything after midnight before the procedure. Absolutely do not eat or drink anything for 8 hours before any type of anesthesia. No gum, mints or sucking candy. In some circumstances, especially very young children, may be given a permission by your anesthesiologist to have clear liquids up to two hours prior to procedure. Examples of clear liquids include water, fruit juices without pulp, clear tea without sugar or milk and black coffee.
- **Medications:** Continue to take your regular medications the morning of the procedure with a small sip of water, unless otherwise instructed by your anesthesiologist. Diabetics, please do not take any insulin injections, or oral diabetes medications on the morning of the procedure. Perform your usual home testing of blood sugar levels.
- **Clothing and accessories:** Wear comfortable, loose fitting clothes that are easy to remove and replace after the procedure. Do not wear eye makeup, artificial eye lashes, contact lenses, any jewelry, hairpieces, hairpins. Facial piercings must also be removed prior to the procedure. Do not wear fingernail polish or use moisturizer on your trunk and arms on the day of the appointment. Please bring a blanket that can be easily washed if soiled by bodily fluids. For children who do not wear diapers, a change of clothes should be available. Please leave all valuables at home.
- **Questions:** Prior to your appointment, Dr. Jana Osmolinski will contact you to review pre-operative instructions and to answer any questions. If you would like to discuss your anesthetic plan before this appointment, you may call her at her cellphone 206.787.0883

POST-ANESTHESIA INSTRUCTIONS

- **Rest:** Plan to rest for at least the 24 hours following anesthesia and take medications as instructed. It is normal to feel sleepy, drowsy or fatigue following anesthesia and complete recovery may take hours and sometimes days. Please have a responsible adult caregiver for least 24 hours following administration of anesthesia.
- **IV site:** It is not uncommon for a bruise to form at the IV site. Elevating the affected area and applying a warm compress may relieve your symptoms. However, if you notice the site becoming red, hot, tender, swollen, infected, or you begin experiencing a fever, please call your anesthesiologist, Jana Osmolinski immediately on her cell phone 206.787.0883.
- **Pain and fever:** Muscle aches may occur after general anesthesia, however will usually disappear within 24-36 hours. Mild fever can develop in children during first 12 hours. Medications such as Ibuprofen (Advil) or Acetaminophen (Tylenol) every 4 hours (if normally tolerated) with plenty of fluids will tend to alleviate this condition as well as treat postoperative discomfort. Do not use aspirin.
- **Throat:** It is not uncommon to experience a scratchy throat from anesthesia. This usually goes away within 24-36 hours. Gargling with warm water or using a chloraseptic spray may provide relief. If this problem persists, please contact Dr. Jana Osmolinski immediately.
- **Diet:** Limit oral intake to clear liquids for the first few hours after anesthesia. If teeth were extracted do not drink through a straw. Advance your diet as tolerated throughout the day. Soft food is usually well tolerated the first day. Suggestions include applesauce, yogurt, scrambled eggs, mashed potatoes, soup. If the patient is not hungry, do not force her or him to eat, but do encourage liquid consumption. Maintaining adequate hydration is very important. Avoid dairy products and citrus juices for the remainder of the day, as these may cause nausea and vomiting. Please refrain from alcohol or any recreational drugs at least for 24 hours post-operatively.
- **Medications:** Resume your regular medications as instructed by your physician or anesthesiologist. Insulin and diabetes medications should be taken with food or carbohydrate containing drink. If you were given codeine or similar narcotic medication by your dental surgeon, maintain a log of the time you took each dose since residual amnesia from anesthesia can cause you to forget some of your activities on the day of the procedure. This can put you in the risk of unintentionally overmedicating.
- **Activity:** Do not participate in strenuous physical activity at least for the first 24 hours or until the effect of the anesthetic have subsided completely. Judgement may be impaired during this time, therefore do not sign any binding legal documents for the 24 hours after the end of the anesthetic. We strongly insists that you do not drive, work, do hazardous tasks, operate heavy machinery, go to the gym, gamble or drink alcoholic beverages. For children, do not allow your children to swim, bike ride, kick scooter or play on the street with other children, where they can get easily injured. If child is sleepy, place a blanket on the floor for the child to sleep and observe her/ him closely.
- **Procedure:** Follow your post-operative instructions as directed by your dentist/ surgeon. If you have any questions or concerns or you have any unusual symptoms and unexpected changes in your conditions, please call Dr. Jana Osmolinski at 206.787.0883