

WHITE

INFORMATION ABOUT ANESTHESIA

About your dental anesthesiologist

Your anesthesia care team consists of dental anesthesiologist Dr. Jana Osmolinski and certified anesthesia assistant. Dr. Osmolinski is a highly skilled professional who specializes in the field of Anesthesiology for patients undergoing Dental and Oral Maxillofacial procedures. Dr. Osmolinski underwent two additional years of anesthesia postdoctoral training in addition to a doctoral training. Exceptional skills were developed in a level one trauma hospital by providing anesthesia services to a variety of difficult patients for numerous complex and emergency procedures. Training assured proficiency in emergency situations and maximized safety of all patients undergoing complex surgery procedures.

Preoperative evaluation

Dr. Jana Osmolinski will speak with you to conduct a preoperative medical screening in order to tailor an anesthetic plan that is right for you. This typically occurs few days before the scheduled procedure. This assessment will help to determine the type of anesthesia that will be utilized in the procedure, along with any other risk reducing management strategies that should be deployed. During the preoperative evaluation, you will have an opportunity to ask any questions or discuss any special concerns you may have regarding your anesthesia plan.

Planning for the procedure

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 Dr. Jana Osmolinski immediately if your **medical condition should change prior to the procedure**, particularly if you should develop a cold or fever with congestion, since this may compromise breathing and it may be necessary to reschedule your procedure. You must make arrangements for a responsible adult to take you home after your procedure. It is strongly suggested that you arrange to have someone stay with you during the first 24 hours after anesthesia. If you have any questions regarding returning back to work, please consult your anesthesia provider.

The day of procedure

For your safety, preoperative instructions must be strictly followed. Neglecting any instructions may be cause to cancel your procedure. 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. 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 perform your usual home testing of blood sugar levels. 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. Please leave all valuables at home.

Postoperative instructions

You will be provided with written post-operative instructions following your procedure, along with follow up information from your treating dentist/ specialist. Plan to **rest at least for 24 hours following** the 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. You may have an unsettled stomach or a poor appetite, so remember to eat light foods (apple juice, toast, soup), for the first day or so after anesthesia. For at least 12 hours immediately following anesthesia, we strongly insist that you do not drive, make any important business decisions, or drink alcoholic beverages. Your dental anesthesiologist Dr. Osmolinski will arrange for the follow up phone call on the evening after the procedure. However if you have any questions, please do not hesitate to contact her on cell phone: **206.787.0883**.