



PRE-OPERATIVE ANESTHESIA INSTRUCTIONS

The following instructions are provided to assist patients scheduled for surgery with intravenous anesthesia, including sedation and general anesthesia.

1. You **MUST** have a completely empty stomach. It is critical that you have nothing to eat or drink for eight (8) hours prior to your scheduled anesthetic. It is OK to drink water up to 2 hours before surgery with your medications as needed. If you come to the office having eaten something prior to your surgery and we are unable to perform your surgery at the scheduled time, we will reschedule your surgery.
2. If you have a productive cough, sore throat or cold symptoms, we cannot perform your surgery. Please call our office 24 hours prior to your surgery if you are ill.
3. Brush your teeth well and rinse your mouth with mouthwash, if available, prior to surgery.
4. Wear comfortable, loose fitting clothing. A short-sleeved dark-colored T-shirt, sweat pants and shoes with laces are recommended. No sandals, please.
5. For your safety: contact lenses, jewelry (including oral or facial piercings), nail polish and/or fake nails must be removed prior to surgery.
6. Please arrive 10 minutes prior to your scheduled surgery time.
7. Bring a responsible adult with you to your appointment. This person will need to stay in the office for the duration of the appointment. It is strongly recommended that a responsible adult remain with you for the first 24 hours following your anesthetic.
8. It is the policy of Seattle Premier Oral Surgery that those who escort patients **MUST** remain in the waiting area.
9. Do not drive vehicles, operate complicated machinery or sign legal documents for the first 24 hours following your surgery, or while you are taking narcotic analgesics.
10. We recommend no vigorous physical activity for a week following surgery.
11. A parent or legal guardian must accompany unmarried patients under 18 years of age at the time of surgery to review informed consent for surgery and anesthesia.
12. In anticipation of your post-surgical dietary needs it is recommended that you gather a variety of soft foods that do not require chewing. Yogurt, mashed potatoes, pudding and scrambled eggs are examples of foods that are generally well tolerated by patients. Frozen bagged peas or corn can be used as ice packs.

I have read and acknowledge the preceding instructions.

Patient's Name

Patient's Signature/Legal Guardian Date