

PATIENT'S COPY : Please keeps for your records

INSTRUCTIONS FOR PATIENTS PRIOR TO GENERAL ANESTHESIA

For your safety, all of these instructions must be strictly adhered to before commencing with general anesthesia. Neglecting any of the following may compel the doctor to cancel the start of treatment and a cancellation charge may be incurred.

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| Eating and Drinking | Do not eat anything for eight (8) hours before your scheduled appointment. Patients for morning treatment shall have no food or liquid after midnight. Those for afternoon treatment may have a light breakfast (e.g. coffee/tea with toast) up to 8 hours before treatment. Clear liquids like apple-juice or water may be taken up to three (3) hours before treatment time. Remember, milk is a solid and should not be taken for up to 8 hours before treatment except for children under 4 years old who may have milk up to 6 hours before treatment. |
| Medications | Medications normally taken, should be taken unless otherwise agreed upon by this office, and may be taken only with a sip of water. Antibiotic pre-medications should always be taken when prescribed and at least one hour before arriving. Please inform our office of any change in your medications. Do not have blood drawn or venipuncture within one week of surgery. |
| Clothing | Wear short sleeves, flat shoes and warm comfortable pants. Contact lenses must not be worn to the office. Remove all nail polish, makeup, perfume, powders, lotions, oils, watches and jewelry before arriving. Leave all valuables at home. |
| Arriving | A responsible adult must drive and escort you to the office. He or she should also wait for you in the office while treatment is being performed and escort you home after treatment is finished. |
| Change in Health | A change in your health, especially the development of a cold or fever, is very important. For your safety, you may re-appoint for another day. Please inform our office of any change in health prior of your appointment. |
| Note | The use of "STREET DRUGS" (MARIJUANA, COCAINE, HEROIN, etc.) is strictly forbidden for several weeks prior to the administration of any sedation and until full recovery is achieved. The reason for these restrictions is your safety. The literature has reported that the mixture of "Street Drugs" and anesthetic agents has resulted in very serious complications including death. Patient should stop smoking for at least 24 hours prior to surgery. |

INSTRUCTIONS FOR PATIENTS FOLLOWING GENERAL ANESTHESIA

After returning home, the patient should rest for the first day and be carefully watched.

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| Getting Home | The patient must be accompanied by a responsible adult and arrangements must be made to contact a responsible adult at the time of discharge. Do not plan to drive a vehicle or operate potentially dangerous equipment for twenty-four (24) hours after your treatment. You will not be allowed to leave by bus or taxi. |
| Home | A responsible adult must be with the patient until the next day. Do not make any major or important decisions until after full recovery from the sedation, which normally takes no more than 24 hours. |
| Eating, Drinking and Smoking | The first drink should be plain water. Sweet drinks can be taken next (fruit juice or Gator-Aide). Small drinks should be taken repeatedly. The patient should not be allowed to sleep for long periods without urinating. Food should also be taken frequently; it should be soft and not hot or spicy. No alcoholic beverages for 24 hours, NO SMOKING for 24 hours. (Pain medication on an empty stomach often causes nausea) |
| Intravenous Site | A small percentage of all patients experience post-operative tenderness and/or redness in their hand or arm, which is a chemical phlebitis, associated with intravenous infusion. To prevent phlebitis all patients should keep the arm that had the intravenous line elevated and applies warm moist heat as much as possible. If a phlebitis does occur the patient should take an anti- inflammatory agent like Advil or Motrin. |
| Seek Advice: * | If vomiting occurs and persists beyond four hours. If the temperature remains elevated beyond 24 hours. If any other matter causes concern, please call our office at (416) 222-2192 |

