

Preoperative Instructions for Oral Surgery with IV Sedation

- 1. Eating and Drinking:** It is extremely important that you have an **empty stomach** on the day of treatment. Vomiting and subsequent aspiration of food during sedation may be life threatening. Solids- no food (including dairy products) up to **6 hours** before appointment. Liquids- clear liquids (no pulp) such as water, apple juice are allowed up to **2 hours** before appointment. Medications – take as instructed with only a **small sip of water**. (see #3)
- 2. Adult Escort:** A **responsible adult escort, over 18 years of age**, must accompany the patient to the office and remain there during the procedure, and stay with the patient throughout the remainder of the day.
- 3. Medications:** If you take any prescribed medication, continue it on the day of the appointment unless otherwise advised (e.g. hold Insulin the morning of surgery). If it is an oral medication, take it with a **small sip of water**.
- 4. Contact Lenses:** Remove your contact lenses before the appointment. This decreases risk of corneal injury during the procedure.
- 5. Clothing:** A loose fitting, short sleeved shirt is appropriate for the appointment. Please do not wear any cosmetic makeup on the day of your surgery, including nail polish. This can affect the monitors we may use. Leave all jewelry, removable prosthesis, glasses, etc with the person who accompanies you.
- 6. Intravenous Site:** We will most likely start intravenous access on your hand/arm, so make sure there's free access to this area. On occasion, inflammation of the vein in the area of the needle insertion will occur in the first 3-4 weeks following surgery. Pain and tenderness will usually be relieved by using warm, moist packs in the area. If the problem persists, you should immediately call the office.
- 7. No Smoking/vaping:** Please refrain from smoking/vaping for 12 hours prior to surgery as this can give false oxygenation reading for the monitoring machine. **Avoid marijuana** use 1 week before and after surgery.
- 8. Oral Hygiene:** Your mouth, tongue, and teeth should be well cleaned prior to surgery to help avoid infection.
- 9. Illness:** If you develop a cough, congestion, chest cold, nausea/vomiting, or fever, please call the office. In most cases, we will cancel the appointment and reschedule for a later time, as your safety is our priority.
- 10. Special Instructions:** **Bring your inhaler** if you have history of asthma. **Bring your glucometer** if you have diabetes.

Postoperative Instructions:

Eating, Drinking, and Smoking

Limit oral intake to liquids for the first few hours. Begin with water and follow with sweet liquids such as sports drinks, clear juice and soda as tolerated. If teeth were extracted, do not use a straw. Food can be consumed following liquids as tolerated. Suggestions include scrambled eggs, applesauce, yogurt, mashed potatoes, and soups. Absolutely **no alcoholic beverages** and/or **smoking** for 24 hours following anesthesia.

Activities

Do not drive and/or engage in moderate to high level physical activity for 24 hours or until the effects of the sedation have completely subsided. Judgment may also be impaired during this time, so please avoid making any major life decisions. Also avoid wind instruments for 3-4 weeks after surgery.

Bleeding/Swelling/Pain

Extra gauze, ice pack, and prescription pain medication will be given to you as needed.

More specific written and verbal postoperative instructions will be given to your Adult Escort on the day of surgery. If you have any questions about the IV sedation process, please feel free to contact our office.