

Pre-Op Information

- Please **DO NOT EAT OR DRINK AT LEAST 6 HOURS PRIOR TO YOUR PROCEDURE**
 - Children may drink apple juice, or water up to 2 hours prior to procedure BUT NO FOOD
 - **You may take** your medications the morning of the procedure with a **small** sip of water unless directed otherwise by your CRNA
 - If you eat 6 hours prior to the start of your procedure please eat a LIGHT meal
- If you have a rescue inhaler for asthma please bring it with you to your appointment
- If you have diabetes that requires you to test your blood sugar please bring your testing kit so your nurse anesthetist can assess your blood sugar during the case
- Please wear a short sleeve shirt without a hood and comfortable pants. Loose fitting clothing is best.
- If you have long hair please braid or put in a side ponytail or pigtails so you do not lay directly on a knot or tie.
- Please bathe on the day of your appointment. Women may wear light makeup but skin oil, moisturizers and make up make it difficult for tape to stick
- Please go to our website eliteanesthetics.com and print out patient forms and have them filled out prior to coming.
- Please, if you live alone or with a roommate, schedule to have someone with you for the first 12 hours after your procedure.
- DO NOT DRIVE OR MAKE LIFE CHANGING DECISIONS FOR 24 HOURS FOLLOWING YOUR PROCEDURE

Post-op Information

- GO HOME AND REST. Please schedule the time to rest following your appointment. It is normal to be dizzy, lightheaded, and unstable on your feet for the first few hours following anesthesia. If your case was done under general anesthesia(with a breathing tube) please try not to blow your nose for 24 hours following the procedure. Instead, wipe your nose with a tissue.
- If you experience any of the following call the dentist: **uncontrolled bleeding, fever greater than 100 degrees F, uncontrolled swelling, increased pain, persistent nausea and vomiting, or sleepiness/dizziness lasting longer than 6 hours.**
- If the patient experiences slow, shallow, or difficulty breathing, difficulty swallowing, or suddenly becomes difficult to arouse go to the nearest emergency room or call 911.
- Eat and Drink food as tolerated. As a general rule begin with water and clear liquids. Once you or the patient have tolerated clear liquids without nausea and vomiting begin eating more solid foods. Please follow diet instructions provided by the dentist.
- PAIN MEDICATION REGIMEN; A pain medication called Toradol (it is an NSAID similar to ibuprofen) was given during your procedure at _____. Please do not take any other NSAIDS like ibuprofen, Celebrex or Naproxen for six hours following the dose you were given. Adults may take the following OTC medications as follows
 - Tylenol 1000mg(two extra strength tablets) Every six hours. DO NOT EXCEED 4000mg in 24 hours
 - Ibuprofen 600mg(3 tablets) Every 6 hours starting six hours **from the time listed above** by your CRNA.
 - Children should follow the same schedule of Tylenol and Ibuprofen(every 6 hours) but **follow box directions for dosing**
 - Alternatively you can take Tylenol 500mg and Ibuprofen 300mg every 3 hours but **DO NOT** exceed 4000 mg of Tylenol in 24 hours.