



Special Anesthesia Services
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Adult Patient Instruction Sheet

The patient will be receiving IV medications during his/her operative dental procedure. It is therefore very important that you adhere to the following instructions. If there are any questions, please do not hesitate to call for further instructions: 316-788-5939. It is essential for the patient's safety that you strictly adhere to the following policies. Failure to do so, will result in cancellation of the operative procedure and can put the patient in danger of severe lung injury or death.

- 1. No food for 8 hours prior to your arrival time:**
 - a. No solid food of any kind, milk, cheese, yogurt, ice cream, juice, or broth
 - b. No candy, gum, mints, or vitamins
 - c. No products containing protein or milk products, even if they appear clear
- 2. Clear liquids are allowed up to 3 hours prior to your arrival time. Approved liquids are:**
 - a. Water, Sprite/7-up/Sierra Mist or Gatorade of any color or flavor
 - b. Plain Jello with NO fruit, no vegetables, and no whipped cream
 - c. Black coffee (No cream or sugar added)
- 3. Nothing is to go in the patient's mouth in the 3-hour window directly before the appointment.**
 - a. No mints, gum, candy, vitamins, or sips of water
- 4. Do NOT brush teeth on the morning of the appointment, you may swallow water or toothpaste and this will result in cancellation.**
- 5. If the patient has an inhaler or nebulizer, please bring his/her medication on the day of the procedure**
- 6. Dress in comfortable clothing, preferably a short sleeve shirt. Sedation can occasionally cause the patient to become relaxed enough to lose bladder control. You may want to consider a depends or a change of clothes.**
- 7. Arrange for transportation from the dentist/surgeon's office to your home after the procedure.**
- 8. After your surgery, wait until the next day before engaging in any activity which a decrease in alertness, judgement, or coordinator could cause a problem including driving.**
- 9. After surgery, you may take pain medication as directed by the surgeon. However, avoid alcohol post-operatively for 24 hours.**
- 10. Arrange for adult assistance for at least 12 hours after surgery**