



**The Pre-anesthetic instructions herein must be strictly adhered to before undergoing anesthesia and will make the scheduled procedure under anesthesia safe and successful.**

**Neglecting any of the following instructions may compel the doctor to postpone the treatment**

*The anesthesia deposit will be forfeited if you eat on the day of treatment unless instructed to do so*

### **PRE-ANESTHETIC INSTRUCTIONS**

#### **EATING AND DRINKING**

**Nothing to eat (including gum) after midnight prior to your scheduled appointment unless otherwise instructed.**

You are allowed moderate amounts of clear liquids (8 ounces) up to four (4) hours prior to the scheduled appointment. **CLEAR LIQUID = Water, Apple juice, Jello, Gatorade**

**DO NOT GIVE: Milk, Soup, Non-clear or Pulp-containing juice**

#### **MEDICATIONS**

Prescription medications should be taken as per their regular schedule, unless previously discussed and modified by GAMS, PLLC. **MEDICATIONS MUST ONLY BE TAKEN WITH A CLEAR LIQUID.** Vitamins, herbal products, and non-prescription medications **should not** be taken.

#### **CHANGES IN HEALTH**

A change in your health, especially the development of a cold or fever, is very important. Inform our office of any change in your health that occurs prior to your appointment. For your safety, we may need to reschedule for another day.

#### **HOME PREPARATION**

Make sure to give have a good night's sleep before the day of the procedure. You should wear comfortable, loose fitting clothing. We suggest a short sleeve shirt, and a sweatshirt over it if needed. Contact lenses must be removed.

#### **ARRIVING**

Arrive early enough to allow for a discussion of your health, a brief examination, consent for anesthesia and question answering.

#### **GETTING HOME**

You will be sleepy after the procedure and must be accompanied by at least one adult. You must be seat belted in as you will be less prepared to brace yourselves during sudden stops. Do not take mass transportation (bus, train). You may develop nausea on the ride home, be prepared.

#### **HOME**

A responsible adult should remain with the patient until the next day

### **POST-ANESTHETIC INSTRUCTIONS**

#### **ACTIVITY**

After returning home, you should rest for the remainder of the day and be observed. It is common for patients to be sleepy, dizzy or off-balance after receiving anesthetics.

#### **EATING AND DRINKING**

Upon arrival home, the first drink should be one ounce of water or clear fruit juice every 15 minutes for 1.5 hours, followed by clear liquids and soft carbohydrate foods for an additional 1.5 hours. Have small drinks frequently, throughout the day. Hydration is more important than foods. Hold dairy and meats for at least 3 hours following your arrival home.

#### **POST TREATMENT EFFECTS**

Some common after-effects include sleepiness, dizziness, nausea, (may be worse after car ride home), soreness of mouth, jaws and throat, dry mouth, muscle aches and shivering. These symptoms may last for 1 to 3 hours, and on rare occasions somewhat longer.

#### **INTRAVENOUS SITE**

A very small percentage of patients experience post-operative tenderness and/or redness in their hand or arm which may be a chemical phlebitis associated with intravenous infusion. If this occurs please contact the office at (516) 636-0046 immediately. If phlebitis does occur the patient should receive an anti-inflammatory agent (acetaminophen or ibuprofen). Apply warm compresses, and elevate the arm.

#### **SEEK ADVICE IF**

Vomiting persists beyond four hours on four separate occasions. Unable to drink liquids 4 hours after arrival at home. Temperature elevates rapidly or remains elevated. Other matters cause concern.

#### **PAIN MEDICATION**

Expect to take Tylenol after the procedure to minimize any throat or mouth soreness. It should be started on arrival at home and repeated at 4 hour intervals until the next day to ensure a good nights rest.

**If Questions Arise, Please Contact General Anesthesia Medical Specialists @ 516-636-0046**

I have read, understand and agree to follow the above instructions SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_