

Jeffrey P. Fisher, DDS

"Anesthesia for Dentistry"

Pre-anesthesia & Post-anesthesia Instructions

(For patients 12 years of age and older)

~ Pre-anesthesia Instructions ~

Eating or Drinking:

It is extremely important that patients have an empty stomach prior to receiving anesthesia. **Vomiting of stomach contents during anesthesia can be life threatening!** For this reason, the patient is not to have anything to eat or drink (including water) for **eight (8) hours** before the scheduled appointment.

Change in Health:

Any change in health, especially the development of a cold, cough, or fever is **extremely important** information for the anesthesiologist. Please notify Dr. Jeffrey P. Fisher at (916) 390-3673 immediately if there is any change in the patient's health.

Medications:

Prescription medications should be taken as scheduled (**with a sip of water only**) unless previous arrangements have been discussed with your anesthesiologist, Dr. Jeffrey P. Fisher.

Street Drugs:

"Street Drugs," including but not limited to marijuana, cocaine, and amphetamines when mixed with an anesthetic or sedative can result in serious complications, including death. Therefore, street drugs are strictly forbidden for several weeks prior to any administration of anesthetic.

Clothing and Contact Lenses:

Short sleeves, loose fitting pants and comfortable shoes are advised. A patient should not wear makeup, nail polish, or false eye-lashes. Contact lenses must be removed prior to anesthesia. Please leave all valuables at home.

Designated Driver:

A responsible adult must accompany the patient to the office and remain during the entire procedure. The patient will not be allowed to leave by taxi or bus.

Answers to Your Questions:

Prior to your appointment, Dr. Jeffrey P. Fisher will contact you to discuss the scheduled treatment and answer any questions you may have.

~ Post-anesthesia Instructions ~

Eating, Drinking, and Smoking:

Limit oral intake to liquids for the first few hours following anesthesia. Begin with water and follow with sweet liquids such as sport drinks, clear juice or soda as tolerated. If teeth were extracted, do not use a straw. Food may be consumed following liquids as tolerated. Soft foods that are suggested include scrambled eggs, applesauce, yogurt, mashed potatoes, and soup. Drink as much liquid as tolerated. **Absolutely no alcoholic beverages and/or smoking for 24 hours following anesthesia.**

Restricted Activities:

A patient should not drive or engage in moderate to high-level physical activity for 24 hours or until the effects of the anesthetic have completely subsided. Judgment may also be impaired during this time, so please avoid making any major life decisions.

Pain or Fever:

Muscle aches and a sore throat may occur similar to the flu following anesthesia. These symptoms are very common and will usually disappear within 24 to 36 hours. Medications such as Tylenol and Advil are usually very effective and should be taken at the first sign of pain, if normally tolerated. If fever develops, Tylenol or Motrin Elixir every 3 to 4 hours with plenty of liquids will tend to alleviate this condition as well as treat any post-operative discomfort.

Seeking Advice:

If vomiting occurs and persists beyond 5 hours, temperature remains elevated beyond 24 hours, or if you have any other concerns following anesthesia, please contact **Dr. Jeffrey P. Fisher at (916) 390-3673.**

Patient's Name: _____
(If patient is unable to sign form below)

I have received a copy of the above instructions and have read and acknowledge receipt of the information they contain.

Signed: _____ Printed Name: _____ Date: _____
(Patient or parent/guardian of patient) (Patient or parent/guardian of patient)