



Trent M. Westover, D.M.D.  
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## PRE-TREATMENT INSTRUCTIONS FOR ANESTHESIA PATIENTS

The following instructions are *very important and any deviation from them may result in serious complications*. For this reason, not following these instructions may require rescheduling the anesthesia services.

### PRE-TREATMENT

#### 1. EATING AND DRINKING:

No solid food and/or non-clear liquids up to six hours prior to the anesthesia appointment.

Only clear liquids (water, apple juice, plain Jell-O) may be taken until three (3) hours prior to the anesthesia appointment time.

Being hydrated is **EXTREMELY IMPORTANT** on the day of your surgery. *You will need to drink AT LEAST ½ of your body weight in ounces of water for 2 days prior to surgery.* i.e. If you weigh 200lbs you would need to drink 100oz of water each day. Also, limit your caffeine and alcohol intake the day before your appointment.

**ON THE DAY OF YOUR APPOINTMENT-3 hours prior to your appointment, drink 32 oz of water within a 15 minute time frame.**

#### 2. MEDICATIONS:

You should take your normal daily medications unless otherwise instructed by Dr. Westover. The following exceptions may apply: if you are taking a diuretics or insulin. Dr. Westover will discuss this with you prior to your appointment. If your normal time for taking your medications is within the 3 hours just prior to your appointment, take them with just a few sips of water. Again Dr. Westover will discuss this with you at your consultation appointment. Below is a list of the medications Dr. Westover may prescribe for your appointment, but is not limited to:

- Pain Medication – you will need to pick this up prior to your appointment
- Antibiotic – begin this the day before your appointment
- Zofran-dissolve one tablet under your tongue 1 hour prior to your appointment. Additional tablets will be prescribed as needed for nausea after your appointment.

#### 3. CLOTHING:

Wear a short-sleeved shirt that does not tuck in. Wear comfortable (loose) clothing, such as short pants or sweats. We must be able to access your arm for blood pressure and heart rate monitoring. Bring a sweater, jacket, or small blanket for warmth.

Remove contact lenses prior to sedation. Do not wear dark fingernail polish.

#### 4. CHANGE IN HEALTH:

Please inform Dr. Westover/Dr. Strong of any change in your health as soon as possible.



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#### **5. ARRIVAL:**

Please arrive 10 minutes early for your appointment. Upon arrival we will need the name and phone number of the person driving you home after your appointment.

## **POST-TREATMENT INSTRUCTIONS FOR ANESTHESIA PATIENTS**

### **1. TRANSPORTATION:**

A responsible adult must drive the patient home after treatment. It is not acceptable to use public transportation after undergoing anesthesia. A responsible adult will need to verify with their signature that they accept responsibility for staying with the patient at least the first six hours after the sedation.

Please inform your driver:

We have provided a special parking space for day of your appointment, it is located on the west side of our building opposite Mattress Firm.

Please escort the patient from the vehicle to the house by supporting them under the arm. Do not let the patient get up or down stairs unescorted. No driving or operating hazardous machinery until the next day.

### **2. CARING FOR THE PATIENT AT HOME:**

Patients may sleep, but must be watched for at least six hours after treatment.

Feeling cold after sedation is normal. Use blankets as needed.

### **3. MEDICATIONS:**

Please give any post-operative medications prescribed by Dr. Westover/Dr. Strong as directed. Leave this Post-treatment instruction sheet and medications so that the patient can easily find them and refer to them after you have stayed with them for at least six hours.

### **4. EATING AND DRINKING AFTER TREATMENT:**

Start with clear liquids. Slowly introduce soft, bland food into the diet. If there is some bleeding in the mouth, cold liquids are best. Local anesthesia may have been used during treatment so please avoid giving "chewing" food until the patient is no longer numb.

If you have any questions please contact Dr. Westover/Dr. Strong at 503-666-5484.