

INSTRUCTIONS FOR PATIENTS PRIOR TO ANESTHESIA

Eating and Drinking

It is extremely important that patients have an empty stomach prior to anesthesia. For this reason, adults and teenagers are not to have **anything** to eat or drink for **six (6) hours** before their scheduled appointment. If you have a morning appointment, don't eat anything after midnight.

Change in Health

A change in health, especially the development of a cold or fever, is extremely important. Please notify Doctor McCracken. If there is any change in your health status.

Medications

Prescription medications should be taken as scheduled with a sip of water unless otherwise noted by Doctor McCracken. Please inform the anesthesiologist of **all** the medications you are **currently taking** and have taken **within the last two weeks**.

Clothing

On the day of the surgery, it is suggested that you wear loose fitting clothing and comfortable shoes. Please remove nail polish if possible. Contact lenses must be removed prior to anesthesia. Leave all valuables at home.

Designated Driver

A responsible adult must accompany any patient to the office and remain there during the procedure. Do not take a taxi or bus. Arrange to have a responsible adult spend **at least four (4) hours** with you at home after your anesthetic.

POST-ANESTHETIC INSTRUCTIONS FOR PATIENTS

Pain or Fever

Drugs such as Tylenol, Advil or Motrin are usually effective for mild pain and fever that may follow your surgery and anesthesia. If you have any concerns, call your surgeon, dentist or Doctor.

Nausea and Vomiting

Although nausea and vomiting does sometimes occur after anesthesia, it is usually limited to 1 or 2 episodes. If this condition persists, you may need a prescription medication. Please don't hesitate to call Doctor McCracken if you think you need medication for this condition.

Diet

Limit oral intake for the first 1-2 hours to clear liquids (water, Sprite, apple juice, Gatorade). If you tolerate clear liquids, you may resume your regular diet when you are able, unless otherwise directed by your surgeon.

Activity

Do not drive or engage in moderate to high physical activity for at least 12 hours and preferably 24 hours following your procedure. Do not operate any hazardous machinery or equipment for 24 hours following your anesthetic.

Soreness/Redness at the I.V. site

This condition, called phlebitis, is inflammation of the vein. This condition is usually self-limiting and may occur within 24 hr. to 2 weeks following an anesthetic and may be accompanied by a low-grade temperature. This condition may persist for 2 weeks to 6 months. Treat with Tylenol, Advil or Motrin along with warm moist heat to the affected area. If this condition persists, call Doctor McCracken. He can be reached at **(903)319-6971**.