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Day-Op Dental Anesthesiology

INSTRUCTIONS FOR PATIENTS PRIOR TO ANESTHESIA

The instructions herein must be strictly adhered to before commencing with anesthesia. Neglecting any of the following may compel the doctor to cancel or postpone the start of treatment.

- Eat and Drinking** **DO NOT EAT OR DRINK ANYTHING FOR SIX (6) HOURS BEFORE YOUR SCHEDULED APPOINTMENT. This is to include any chewing gum or candy. Do not consume any alcoholic beverages for a minimum of three (3) days prior to your scheduled appointment.** Patients for morning treatment shall have no food or liquid after midnight. Those for afternoon treatment shall have only clear liquids at breakfast; this shall be consumed no later than six (6) hours before treatment.
- Medications** **Medications normally taken should be taken unless otherwise agreed upon by this office, and may be taken only with a sip of water.**
- Clothing and Makeup** Wear loose comfortable clothing (short sleeves). Contact lenses must be removed before the anaesthetic is administered. Leave all valuables at home.
- Change in Health** A change in your health, especially the development of a cold or fever, is very important. For your safety, you may be rescheduled for another day. If possible, inform the office of any change in health prior to your appointment.
- Getting Home** **The patient MUST be accompanied by a responsible adult or arrangements must be made to contact a reliable person at the time of discharge.** Do not plan to drive a vehicle or operate potentially dangerous equipment for twenty-four (24) hours after your treatment. **You cannot take a bus or a taxi home by yourself.**
- Home** A responsible adult should be with the patient until the next day.

INSTRUCTIONS FOR PATIENTS FOLLOWING ANESTHESIA

- Exercise** After returning home, the patient should rest for the remainder of the day.
- Pain** Muscle aches and a sore throat may occur, similar to flu. This is nothing to be alarmed about. It is very common after general anesthesia and will normally disappear in 24 to 36 hours.
- Drinking and Eating** The first drink should be plain water. When food is requested, start with clear liquids (soup), then soft foods (luke warm) as desired. No alcoholic beverages should be consumed for 48 hours.
- Intravenous Site** A small percentage of patients experience post-operative tenderness and/or redness in their hand or arm, which is a phlebitis associated with intravenous infusion. If this occurs please call our office. To prevent phlebitis, all patients should keep the arm that had the intravenous line elevated and apply warm (100 F) moist cloth at frequent intervals. If a phlebitis does occur the patient should take an anti-inflammatory agent such as ibuprofen.

IMPORTANT INSTRUCTIONS TO ALL PATIENTS

- Seek Advice If**
1. Vomiting persists beyond four (4) hours.
 2. Temperature remains elevated beyond 24 hours
 3. Any other concerns arise

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