
All patients under the age of 18 years must be accompanied by their custodial parent or legal guardian for all appointments, examinations, treatments and follow-up.

BEFORE INTRAVENOUS ANESTHESIA AND SEDATION

If you plan to be asleep or sedated you must follow these instructions:

- You must not have anything to eat or drink (not even water) for eight (8) hours prior to the appointment.
- No smoking at least 12 hours before surgery. Ideally, cut down or stop smoking for as many days as possible prior to the surgical date.
- A responsible adult must accompany the patient to the office, remain in the office during the procedure, and drive the patient home. A responsible adult must remain with the patient at home for the first 24 hours after surgery.
- You must not drive a vehicle or operate any machinery for 24 hours following the anesthesia experience.
- Please wear loose fitting clothing with sleeves which can be rolled up past the elbow, and low-heeled shoes. EKG stickers will be placed under the lower right and left clavicle and lower left rib cage.
- Contact lenses, jewelry, and dentures must be removed prior to surgery.
- Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
- If you have an illness such as a cold, sore throat, stomach or bowel upset, please notify the office.
- If you take routine oral medications, please check with Dr. Turesky prior to your surgical date for instructions.
- You must go home after surgery and stay at home the night of surgery.

BEFORE LOCAL ANESTHESIA

If you do not plan to be asleep or sedated during the procedure and you are scheduled for local anesthesia only; you may eat prior to the appointment and it is not necessary to bring an adult with you to the office unless you are under eighteen years of age.

BEFORE NITROUS OXIDE GAS ANESTHESIA

- A responsible adult must accompany the patient to the office, remain in the office during the appointment and drive the patient home.
- You must have nothing to eat or drink (including water) for 4 hours prior to the appointment.
- You should not drive a motor vehicle or operate any machinery for 24 hours after the anesthesia experience.
- Patients may not go back to school or work after nitrous oxide gas anesthesia. A responsible adult must remain home with the patient on the day of surgery.

BEFORE ORAL SEDATION AND LOCAL ANESTHESIA

- It is not necessary to fast prior to oral sedation and local anesthesia. A light meal prior to the appointment is acceptable. Large meals prior to the appointment must be avoided.
- A responsible adult must drive the patient to the office, remain in the office during the procedure and drive the patient home.
- Patients may not go back to school or work after treatment with oral sedation. A responsible adult must remain home with the patient on the day of surgery.

The medications that you have been given can remain in your body for up to 24 hours after their administration. You are not completely "back to your old self" until the anesthetic has been totally eliminated

AFTER ANESTHESIA

General anesthesia, I.V. sedation, nitrous oxide, oral sedation: The medications that you have been given can remain in your body for up to 24 hours after their administration. You are not completely "back to your old self" until the anesthetic has been totally eliminated.

Also during this time, it is still possible for substances entering your body to interact with the anesthetic. Certain substances may cause negative reactions. Therefore, check with Dr. Turesky about what medications you can take. Continue to cooperate with your nurse anesthetist and physician after surgery. Don't hesitate to ask questions.

"DON'TS" AFTER ANESTHESIA

After receiving anesthesia during a surgical procedure, you can play an active role in your recovery by heeding the straightforward list of do's and don'ts that follows.

- **Don't drive a car for 24 hours.** After anesthesia, your reactions and judgment may be impaired. Such impairment makes driving a car dangerous to you and to others. It is especially important that you don't forget to make arrangements for someone else to drive you home from the health care facility.
- **Don't operate complex equipment for 24 hours.** The same logic that applies to driving a car similarly applies to the operation of other equipment. This includes equipment used at home, such as a lawnmower, as well as that which is used on the job, such as a forklift.
- **Don't make any important decisions** or sign any legal documents for the day. The potential for impairment relates not only to physical activities but to your mental state also. Moreover, the anxiety that frequently accompanies important decisions is to be avoided. The day should be spent resting.
- **Don't take any medications** unless prescribed by or discussed with Dr. Turesky. Some medications may adversely interact with anesthetic drugs or chemicals remaining in your body. Included are prescription drugs, such as sleeping pills or tranquilizers.

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- **Don't drink alcoholic beverages for 24 hours** Alcohol is also considered a drug, meaning that an alcoholic drink has the potential to negatively react with the anesthetic in your system. This includes hard liquor, beer, and wine.
 - **Don't allow children** to ride their bikes, play in the street or do other activities that can put them at risk for injury.

"DO'S" AFTER ANESTHESIA

- Do leave the healthcare facility accompanied by a responsible adult. This person will ensure that you travel home safely, as well as provide immediate care at home. You should continue to have this adult with you for 24 hours after surgery.
- **Do remain quietly at home for 24 hours and rest.** You need rest both because you have received anesthesia and because you have undergone a surgical procedure ~ even one that is considered minor. If, after a day, you still do not feel recovered, you may want to continue your rest for an additional day or two.
- **Do arrange for someone to care for your small children for the day.** Even if given instructions to play peacefully and not overtax you, children sometimes forget such directions or have trouble staying quiet for an entire day. The most predictable course of action is to leave small children and babies in the care of another responsible individual.
- **Do take liquids first and slowly progress to a light meal.** Heavy foods can be difficult for your system to digest, thereby increasing the chance for discomfort. For your nourishment, start by taking liquids, then eat light foods, such as broth or soup, crackers or toast, plain rice, Jell-O, and yogurt.
- **Do call Dr. Turesky if you have any questions.** He is interested in your welfare and wants your care to go as planned. If you have questions, or feel your recovery is not progressing to your satisfaction, call him.

Please refer to our website:
www.massoralsurgery.com
for additional information.

Jon D. Turesky, D.M.D., P.C. ORAL & MAXILLOFACIAL SURGERY

BEFORE & AFTER ANESTHESIA INFORMATION

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