



America Anesthesia Partners
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Pre-Anesthesia Instructions

Our goal is to make this dental procedure easier. We want the patient to be as comfortable and safe as possible before, during, and after their procedure. The instructions below are for the patient's well-being and allow us to take the best care of the patient during their procedure.

Steps to Prepare for your **Day of Surgery**:

1. Complete the health history form and discuss the surgery with your Dentist.

The procedure is the primary goal. Anesthesia is meant to facilitate that process, so we recommend understanding the procedure to be performed. Even if you still have questions regarding the anesthesia, please complete the health history form. This allows our anesthesiologist to develop a plan for you that we can discuss.

2. Review the consent form.

Please review the consent forms so that you may have a chance to discuss any questions you might have with your surgeon or anesthesiologist. We will go over the consent form again the day of surgery and to answer any questions.

3. Expect a phone call from the Anesthesiologist prior to your procedure.

Your anesthesiologist will contact you before your surgery to go over any final instructions and give you an opportunity to ask questions regarding your surgery. Again, you may reach your anesthesiologist anytime at (929) 269-4222 or (818) 800-2221.

Please arrive promptly at your scheduled time of arrival for your day of surgery. Please note that this is usually **12 hour prior** to when your surgery will start. Although we have already reviewed most everything with you prior to surgery, we must still perform a thorough pre-anesthesia examination to help ensure your safety. ***Failure to follow the pre-anesthesia instructions may result in postponing or even forfeiting your anesthesia.***

Dietary/NPO Instructions:

1. For procedures scheduled *prior* to 12 noon:
 1. *Do not eat or drink anything for 8 hours prior to your appointment.* To make it simple, do not eat past 11:00 pm the night prior to your appointment
 2. If you are prescribed medications, you may take them 1 hours prior to your appointment with a small sip of water, unless otherwise stated by your Anesthesiologist
2. For procedures scheduled *after* 12 noon:
 - a. *Do not eat or drink anything 8 hours prior to your appointment*
 - b. You may have water, apple juice, or Gatorade 4 hours prior to your appointment
 - c. If you are prescribed medications, you may take them 1 hour prior to your appointment with a small sip of water, unless otherwise stated by your Anesthesiologist

Escort:

All patients receiving sedation or anesthesia must have a responsible adult chaperone accompanying them. This individual should expect to arrive with, stay the entire length of the appointment, and leave with the patient. Your chaperone must drive you home - no public transportation or cab services. Your chaperone should also be with you at home until fully recovered. For children it is helpful for a parent to have another adult present at the appointment. Please bring a car seat if your child requires one.

Attire – Clothing, Jewelry, Make Up, Contacts:

Please wear loose fitting, casual, comfortable clothing. A two-piece outfit with short sleeves is best for monitoring. Wear flat, closed toe and closed heel shoes. Do not wear flip-flops or slip-on shoes. Please remove contact lenses, nail polish and all jewelry. This is especially true of body and facial piercings. It can be helpful to bring a blanket, as you will feel cold after anesthesia. Please avoid lotions and make up on your day of surgery. For children, please bring a change of clothes and consider having them wear pull-ups, if available. For children or special needs patients, please feel free to bring a weighted blanket or security object on the day of surgery.

Medications and Inhalers:

If diabetic and taking insulin, please bring your medications and your glucometer with you. Similarly, please bring any inhalers that you might use.

Changes in Health History:

Please notify us immediately of any changes in health such as recent illness, hospitalizations, or changes in medications.