



GENERAL ANESTHESIA & INTRAVENOUS SEDATION INSTRUCTIONS

Many complex surgical procedures are most comfortable and safely performed with the assistance of intravenous (IV) medications. This method of general anesthesia or "twilight sleep" produces optimum comfort and relaxation, thus making the surgical procedure more pleasant for the patient and technically easier for the surgeon.

Patients who receive IV medications in the surgeon's office always remain in a operatory and are observed by the professional staff until the effects of the medication have dissipated enough to allow the patient to safely leave the office accompanied by the responsible adult. It should be noted, however, that the effects of the IV medications can persist for up to 24 hours after dismissal from the office.

Patients receiving IV medications should wear loose fitting clothing (including a shirt with short sleeves) on the day of surgery and must be accompanied by an adult who is present in the reception area during the entire surgery and who can drive them home. Patients who wear false nails or nail polish should remove them pre-operatively.

Finally, patients receiving IV medications must not have anything to eat or drink for at least 6 hours before their surgery except for a small sip of water to take needed medications (i.e., pills for high blood pressure, diabetes, etc.). Patients are to take all regular medication, unless instructed otherwise.

The following instructions are given for those who will be accompanying and/or caring for patients who have received IV medications in the office. These persons should:

1. Accompany the patient on the day of their surgery and remain in the office reception area during the entire surgery until the patient is discharged into their care.
2. Provide direct assistance in walking the patient (i.e., arm support) and transporting the patient to or from any bed or seated area. A bed or seated area should be chosen that limits the potential for the patient to fall out and to minimize injury should this occur. A bed or sofa close to the floor usually is the best choice.
3. Keep the patient under continuous observations for at least 3 hours following dismissal from the office. After 3 hours, observe the patient at least every 15 minutes for 2 additional hours.
4. Assist the patient to closely follow the doctor's post-operative instructions regarding medications, dressing, rest, diet, ice packs, etc.
5. Assure that the patient does not operate a motor vehicle or other heavy machinery for at least 24 hours following the surgical appointment.



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PRE & POST-OPERATIVE INSTRUCTIONS - ORAL SURGERY

Diet If your surgery is to be performed under general anesthesia or IV sedation, you should not eat or drink anything for at least 6 hours prior to the procedure. After your surgery, a soft or liquid diet is best for the first 48 hours. Cold foods such as milkshakes and lukewarm soups are best. Avoid hot or carbonated beverages for 48 hours.

Medications: In addition to medication for pain, you may have also been given a prescription for an antibiotic. If so, you should begin taking this antibiotic on the day prior to the procedure.

Swelling: Swelling is the body's normal response to surgery and the beginning of the healing process. It varies among individuals and according to different procedures. Swelling will increase over the first 48 hours and subside over the next few days. Apply cold packs (15 minutes on, 15 minutes off) for the first 36 hours while awake. After this time, you can apply moist heat compresses for the next 36 hours. Keep the head elevated for the first 72 hours using pillows under the back and head while sleeping.

Bleeding: Minor bleeding or blood-tinged saliva may occur for the first 24 to 48 hours. Bite on gauze for 2 to 3 hours following the surgery. If heavy bleeding still occurs, either replace with new moist cold gauze or a moist tea bag and bite for an additional 1 to 2 hours. Do not drink through a straw, suck on candy, or smoke for at least 1 week following your surgery.

Pain: Medication has been prescribed according to your anticipated level of discomfort. Take pain medication before numbness from the local anesthesia is gone. Repeat as needed according to the schedule printed on the prescription bottle. Take the medication with a milkshake or other soft food to avoid nausea. Do not drive, operate hazardous machinery or drink alcohol while taking the pain medications. You may also take two (2) ibuprofen (Advil®) every 6 hours beginning the day before surgery and continue taking them along with your prescription medications after surgery. Ibuprofen 400-600mg alternating with prescription medicine every 4-6 hours may be helpful. Please let us know if you have any problems with ibuprofen or other NSAIDS.

Rinsing: You may drink but not vigorously rinse your mouth for the first 24 hours following surgery. After 24 hours, gently rinse your mouth with warm salt water (one teaspoon of salt in a large glass of lukewarm water) 3 to 4 times daily. Continue rinsing until you return for your post-operative exam. You may gently brush your teeth the day after surgery, being careful in the area where the surgery was performed.

Sutures: If sutures were placed, they will dissolve on their own (approximately 4 to 7 days) unless you were told that non-dissolving sutures were used. Sutures may loosen or come out prior to your next appointment, this is normal.

Be assured that our interest in your well being does not end with your surgery. If you have any questions or problems, please call us at the office number. Help will always be available.

A post-operative appointment will be made for approximately one week after surgery, but we would be happy to see you sooner should the need arise.