



PRE-ANESTHESIA INSTRUCTIONS for Adults

Eating or Drinking

FAILURE TO STRICTLY FOLLOW THESE INSTRUCTIONS COULD RESULT IN ASPIRATION AND MAY BE FATAL.

For anesthesia it is extremely important that patients have an empty stomach, and the following instructions are to be followed.

No solid food or liquids for eight (8) hours prior to appointment.

Clothing

Please wear a short sleeve shirt and comfortable clothing. We will need to put monitors on your body. This will include a blood pressure cuff on your arm, ECG electrodes on your chest and a pulse oximeter on your finger.

Change in Health and Medications

A change in health, especially the development of a cold or cough, is extremely important. Please notify Dr. Lipon if there are any changes in your health. Prescription medications should be taken as scheduled unless previously indicated by Dr. Lipon. They may be taken only with a small sip of water.

Designated Driver

A responsible adult must accompany you to the office and **remain** during the procedure. Do not plan on driving or making decisions for twenty-four (24) hours after the anesthesia. Arrange to have a responsible adult spend the rest of the day with you.

POST-ANESTHESIA INSTRUCTIONS

Pain

Your post-operative pain levels will be monitored by your surgeon. If necessary, they will give you prescription pain medication. Your anesthesiologist may also give you pain medication through your IV at the end of the procedure. This medication should keep you comfortable for 4-6 hours after your procedure. This will give you time to get home and get something in your stomach before starting stronger pain medication. They will also tell you a time to start taking Ibuprofen/Tylenol as needed for pain, if that is necessary.

Diet

Initially, limit intake to clear liquids such as water, apple juice, or Gatorade. If teeth were extracted, do not use a straw. Once clear liquids are tolerated, slowly try soft foods. Suggestions include applesauce, yogurt, scrambled eggs, mashed potatoes, and soup. You can begin to eat normal foods again as tolerated and as directed by your surgeon.

Nausea/Vomiting

Nausea and vomiting may occur. Your anesthesiologist may give you medications designed to help minimize the incident. It usually occurs if you move too quickly, swallow copious amounts of blood or if you try to eat solid foods too early. If vomiting is significant or persists beyond 24 hours, please contact Dr. Lipon or your surgeon.

Activity

Do not drive or engage in physical activity until the effects of the anesthetic have subsided completely. Judgement may be impaired during this time as well. Do not make any major life decisions for at least 24 hours.

Questions or Concerns

1. If you have any questions or concerns call or text Dr. Lipon at 952-215-2132.
2. If you experience problems with breathing or there is an emergency call 911.