



**P A Y N E**  
DENTISTRY

## **Patient Instructions Prior to Anesthesia**

### **Eating and Drinking**

It is extremely important that patients have an empty stomach prior to anesthesia. For this reason, adults and teenagers are not to have anything to eat or drink for six (6) hours before their scheduled appointment. If you have a morning appointment, do not eat or drink anything after midnight.

### **Change in Health**

A change in health, especially the development of a cold or fever, is extremely important. Please notify the dentist if there is any change in your health status.

### **Medications**

Prescription medications should be taken as scheduled with a sip of water unless otherwise noted by the dentist. Please inform us of all medications you are currently taking and have taken within the last two weeks.

### **Clothing**

On the day of the procedure, it is suggested that you wear loose fitting clothing and comfortable shoes. Please remove nail polish if possible. Contact lenses must be removed prior to anesthesia. Leave all valuables at home.

### **Designated Driver**

A responsible adult must accompany any patient to the office and remain there during the procedure. Do not take a taxi or bus. Arrange to have a responsible adult spend at least four (4) hours with you at home after your anesthesia.

## **Post-Anesthesia Instructions for Patients**

### **Pain or Fever**

Drugs such as Tylenol, Advil, or Motrin are usually effective for mild pain and fever that may follow your surgery and anesthesia. If you have concerns, call our office immediately.

### **Nausea and Vomiting**



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Although nausea and vomiting sometimes occur after anesthesia, it is usually limited to 1 or 2 episodes. If this condition persists, you may need a prescription medication. Please do not hesitate to call our office if you think you need medication for this condition.

### **Diet**

Limit oral intake for the first one to two (1 to 2) hours to clear liquids (water, Sprite, apple juice, Gatorade). If you tolerate clear liquids, you may resume your regular diet when you are able, unless otherwise directed by the doctor.

### **Activity**

Do not drive or engage in moderate to high physical activity for at least twelve (12) hours, and preferably twenty-four (24) hours following your procedure. Do not operate any hazardous machinery or equipment for twenty-four (24) hours following your anesthetic.

### **Soreness/Redness at the IV site**

This condition, called phlebitis, is inflammation of the vein. This condition is usually self-limiting and may occur within twenty-four (24) hours to two (2) weeks following an anesthetic, and may be accompanied by a low-grade temperature. This condition may persist for two (2) weeks to six (6) months. Treat with Tylenol, Advil, or Motrin along with warm, moist heat applied to the affected area. If this condition persists, call our office.