

# Adult Anesthesia Instructions

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Anesthesia is a safe modality given that pre-operative instructions are followed. You will need to be fasted for the procedure. If there is food in the stomach even in small amounts this may lead to serious complications. Please follow the fasting guidelines to the letter. If you catch a cold on the days leading up to the appointment please contact the office so the doctor can assess whether it is better to postpone the appointment.

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## Peri-operative Instructions

### Before Appointment

Your stomach needs to be empty for your appointment.

No food after midnight, the night before the appointment. (This includes candy or gum).

- ✓ Clear fluids (Water, 7up, Apple Juice) up to 3 hour prior to appointment are permitted.
- ✗ Orange Juice, Milk, drinks with pulp are **NOT** permitted.

### At Appointment

If you are anxious about the intravenous catheter (IV), numbing cream can be placed on your hand. This requires you to come 1 hour prior to the start of your appointment to allow time for the cream to work.

The numbing cream reduces the pinch from the IV catheter placement.

If an awake IV is not an option then you can be put to sleep breathing an anesthetic through a mask and the IV will be started once you are asleep and unaware.

### After Appointment

A responsible adult needs to be able to take you home and stay with you for the remainder of the day. You cannot take a taxi home alone.

Please rest for the remainder of the day. Do not drive or operate large machinery and do not consume alcohol for 24 hours.

Please contact the clinic with any questions or concerns.