

IMPORTANT INSTRUCTIONS REGARDING YOUR SURGERY AND ANESTHESIA

You will always be given local anesthesia (numbing shots) for your surgery, but you may be given several choices (depending on your overall health) that will help increase your comfort during surgery and lessen your anxiety. Each choice requires different preparation on your part, and for your safety it is important that you read and follow the instructions carefully. If you are unclear about anything, please ask Dr. Burton or his staff. Our goal is to provide you with a safe, pleasant and effective anesthetic. In order to do this, it is imperative that we have your full cooperation.

***Females please note: If you use birth control pills, there is a chance that they might not prevent pregnancy if taken with some other medications, especially antibiotics. You should talk to your prescribing physician about using some other form of birth control while you are being treated. There must not be any chance of pregnancy if you are having any type of anesthesia. To do so could result in birth defects in the child. If there is any doubt, see your physician to obtain a pregnancy test.

LOCAL ANESTHESIA will produce a numb feeling in the area being operated on. There should be no significant pain during the surgery. You will still be able to feel pressure, especially with tooth extractions. You will be fully awake during the surgery.

1. You may have a normal meal a few hours prior to surgery.
2. For more extensive procedures you may wish to have someone drive you home.
3. Plan to rest for the remainder of the day.
4. Take your medications as normal unless directed otherwise

NITROUS OXIDE is also known as "laughing gas." The main advantage of nitrous oxide is that it acts quickly and its effects wear off in just a few minutes. The dosing can easily be adjusted up or down to your liking. Nitrous oxide is a relaxant, not a sedative. Most patients will feel relaxed and somewhat disconnected. However, like any other medication or drug, some may feel little effect. Be assured, the calming effect will still be present as evidenced by stable blood pressure and heart rate. You will recall the surgical event, but may forget the fine details. Local anesthesia will still be required.

1. You may have a light meal prior to surgery.
2. It is not required, but it is sometimes best to have someone drive you home. If you would like, have someone available to call just in case you don't feel well.
3. Plan to rest for the remainder of the day.
4. Take your medications as normal unless directed otherwise.

ORAL PREMEDICATION may be a supplement to local anesthesia and is a pill taken by mouth to help calm your nerves before and during your surgery. Oral medications are less predictable than nitrous oxide, due to variations in strength, absorption rate in the stomach, etc. You should not feel sedated or sleepy, just less anxious.

1. Take the medication at the time directed before your surgery.
2. Have a light meal a few hours prior to surgery unless you are also having intravenous or general anesthesia.
3. It is not safe to drive after taking anti-anxiety drugs, so you must have someone drive you to and from surgery.
4. Plan to rest for the remainder of the day.
5. Do not drive, operate power tools, machinery, etc., for 24 hours after surgery.
6. You must come in to the office prior to surgery to sign consent forms for your procedure.

_____ **ORAL CONSCIOUS SEDATION:** Medications are given orally in the office prior to the procedure. This is used mostly for minor surgeries in children and in conjunction with nitrous oxide and local anesthesia. Your child will be conscious and aware for the surgery, but very relaxed. Sometimes, this is used prior to IV placement in preparation of intravenous anesthesia if your child will not tolerate it.

_____ For oral conscious sedation, you must follow the anesthesia rules on the reverse side of this pamphlet.

INTRAVENOUS ANESTHESIA

Intravenous anesthesia requires placement of an IV line in the arm or hand while you are still awake. Local anesthesia is administered after you are drowsy or asleep.

_____ **IV CONSCIOUS SEDATION:** Medications are given through the IV line which will cause drowsiness and relaxation. Although you will not actually be unconscious, there will be little recall of the events surrounding surgery.

_____ **IV DEEP SEDATION / GENERAL ANESTHESIA:** Medications are given through the IV line which will result in loss of consciousness, lack of recall of the event, and usually a longer recovery time. There will be times when you are completely unarousable, and others when you can be awakened (but you would not really be aware of what is happening around you.) You will be breathing on your own the entire time. You will never be under the same level of anesthesia as required for major surgery and as performed in an operating room, which would require life support. Very rarely, patients may recall tiny moments of their surgery.

Like any other drug, some anesthesia drugs work better for some than for others. Sometimes, patients can be tolerant of the sedatives or react badly to them. There is a maximum dose of sedatives that can be given. If you are obese (BMI>30), it is unlikely the medications will have full effect or last as long. If you have obstructive sleep apnea or have any airway risks, it is also unlikely that you will be completely asleep due to safety. If you do not tolerate the anesthesia well, you will have to be rescheduled for surgery in the operating room at the hospital.

_____ THE FOLLOWING RULES APPLY TO IV AND ORAL ANESTHESIA WITH NO EXCEPTIONS!

1. Do not eat or drink anything (including gum or candy) for six (6) hours prior to surgery. To do so can be life threatening!
2. You must arrive with an adult escort (18 or older) who will drive you home. Please inform them that they must remain in the office at all times during your surgery.
3. It is important that you take your regular medications (high blood pressure medicine, antibiotics, etc.) or any pre medication prescription that we have provided, using only a small sip of water. We may ask you to skip or alter certain medication doses, which will be listed under Special Instructions on the 1st page.
4. Bring any inhalers that you use with you.
5. If you use nitroglycerin pills, bring them to your appointment.
6. Do not smoke for 12 hours prior to surgery.
7. It is recommended that you remove your contact lenses prior to arriving for surgery, or you accept the risk of eye injury.
8. Wear shoes that provide a firm footing (no sandals or flip-flops.)
9. Wear comfortable, loose-fitting clothing. Shirts should have sleeves that are easily drawn up above the elbow. Short sleeves are best.
10. Please apply as little makeup as possible.
11. Remove nail polish from your thumbnails and index fingers before surgery. It is highly advised that you remove any acrylic nails from those fingers as well. (Nail polish and acrylic nails may interfere with the accuracy of the pulse oximeter, a device that measures your oxygen level through your finger tip while under anesthesia.)
12. Plan to rest for the remainder of the day. Do not drive, operate power tools or machinery, etc., for 24 hours after surgery.
13. You should have someone to watch over you at home until you are safely recovered from the anesthesia.
14. If you become ill within 2 weeks of your appointment, or have any changes in your health or medications, you must contact the office.

*******Please note this copy does not contain the SPECIAL INSTRUCTIONS section! If you were given special instructions at your consultation, you must contact the office!**