

IMPORTANT INSTRUCTIONS REGARDING YOUR ANESTHESIA

You will always be given local anesthesia for your surgery, but you may choose any of those listed as a supplement. 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 the doctor. For all surgery, please wear comfortable, loose-fitting clothing. Tops/shirts should have sleeves that are easily drawn up above the elbow. Please remove nail polish before surgery, and apply as little makeup as possible so we may better observe your true skin color. Please do not wear high heels or flipflops. **NO cell-phones or smart watches allowed in the Operating Rooms.**

LOCAL ANESTHESIA will produce a numb feeling in the area being operated on and a little feeling of pressure during surgery. You will be awake and recall the surgery, but there should be no significant discomfort.

1. Have a light 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 a few hours after surgery.

GENERAL ANESTHESIA: Medications are given through a vein which will result in total loss of consciousness, complete lack of recall of the event and usually a longer recovery time. General anesthesia has an excellent safety record as an in-office procedure.

1. **DO NOT EAT OR DRINK ANYTHING (including water) FOR SIX (6) HOURS BEFORE YOUR SURGERY.** However, it is important that you take any regular medications (high blood pressure, antibiotics, etc.) or any pre-medication prescription that we have provided, **using only a small sip of water.**
2. Make arrangements to have someone drive you home following your surgery. Your driver must stay in or near the office during surgery and must be reachable by cell phone.
3. **DO NOT** wear contact lenses on the day of surgery.
4. Plan to rest for the remainder of the day. Do not operate power tools, machinery, motor vehicles, etc. for 24 hours.

AFTER SURGERY DIET:

1. Luke warm or cold food only after surgery, **NOTHING HOT** (spicy or temperature)
2. Anything blended or strained (**DO NOT USE STRAWS**)
3. Food suggestions:

*Ice Cream/Yogurt
*Cottage Cheese

*Milk shakes/Smoothies
(no seeds)
*Juice

*Applesauce
*Pudding
*Jell-o

Room Temp:
*Mashed potatoes
*Mac n Cheese
*Rice

4. On the 3rd day of your recovery, you may start working up to foods that you normally enjoy.

PAIN MEDICATIONS:

We will send all necessary medications to your pharmacy 2-3 days before your surgery. You will receive a text confirmation that they have been sent to your pharmacy. We recommend picking up the medications prior to surgery to have on hand at home for post-op care. We also advise you have over-the-counter pain medication on hand to hold you over until you are able to pick up your medications from the pharmacy.

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. Please feel free to call 714-730-6767 with any questions concerning your surgery or anesthetic.