



# MYNSBERGE, RUGGLES & YANG

## Oral, Maxillofacial and Dental Implant Surgery

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

### Directions Before Oral Surgery and IV Anesthesia

#### THE DAY BEFORE SURGERY:

DO:	DON'T:
<ul style="list-style-type: none"> <li>• Eat well balanced meals</li> <li>• Drink plenty of fluids</li> <li>• Get plenty of sleep</li> <li>• Stock up on: <b>frozen peas</b> (to use as icepacks), <b>soft foods</b> (soups, pudding, jello, applesauce, mac &amp; cheese, mashed potatoes, smoothies, milkshakes, etc.), <b>fluids</b> (water, sports drinks, pedialyte)</li> <li>• Have your <b>Rx's</b> and a <b>large bottle of over the counter Advil</b> (ibuprofen, 200 mg/tab) ready at home</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise heavily</li> <li>• Consume alcohol</li> <li>• Smoke</li> <li>• Eat or drink <b>ANYTHING</b> (including water) for 8 hours prior to your surgery (<i>Doing so could pose a <b>LIFE THREATENING ANESTHESIA RISK</b></i>) <i>***See attached modified eating instructions for afternoon surgery appointments!</i></li> </ul>

#### THE DAY OF SURGERY:

DO:	DON'T:
<ul style="list-style-type: none"> <li>• Have a responsible adult drive you to and from your appointment, and be available to spend a few hours after surgery with you at home</li> <li>• Brush your teeth in the morning (But don't swallow the water!)</li> <li>• Use the restroom immediately before coming to your appointment</li> </ul>	<ul style="list-style-type: none"> <li>• Eat or drink anything (including water)!! <i>***See attached modified eating instructions for afternoon surgery appointments!</i></li> <li>• Exercise</li> <li>• Consume alcohol</li> <li>• Smoke</li> </ul>

#### ATTIRE FOR YOUR SURGERY:

Please DO wear:	Please DO NOT wear:
<ul style="list-style-type: none"> <li>• Loose fitting and comfortable clothing</li> <li>• Short sleeves (sweaters OK, but you will need something short sleeved underneath)</li> </ul>	<ul style="list-style-type: none"> <li>• Jewelry (rings, earrings, bracelets, necklaces)</li> <li>• Heavy make-up, especially lipstick</li> <li>• Gel/Shellac fingernail polish</li> <li>• Contact lenses</li> </ul>

### IMPORTANT

We will NOT proceed with your IV sedation if you have had ANYTHING to eat or drink within 8 hours of your surgery (even a sip of water) AND/OR if you do not have a responsible adult driver present. For all patients under the age of 18, a parent or guardian MUST be present at the time of surgery.

#### YOUR APPOINTMENT IS:

DAY: \_\_\_\_\_

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

If you need to cancel your appointment, please notify us **AT LEAST 48 hours prior** or a **\$175 cancellation fee will be charged**

<p><b>Estimated cost of surgery:</b></p> <p>\$ _____</p> <p><b>Your estimated co-payment DUE DAY OF SURGERY:</b></p> <p>\$ _____</p>
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## **FOR AFTERNOON APPOINTMENTS ONLY!**

### **Modified Eating/Drinking (NPO) Instructions Before IV Anesthesia**

For IV anesthesia appointments AFTER 12:00 pm, we realize that our usual instructions prior to anesthesia can be a bit difficult (no eating or drinking for 8 hours prior to IV anesthesia). However, you may do one of two things to alternatively and still safely prepare for your IV anesthesia:

#### **1) Sleep in:**

If you are the type of person who is able to sleep in late, we recommend staying up late the night before and just waking up late, close to the time of your appointment (1 hour or so before your appointment or as late as you can sleep in). This will help keep you from having to starve yourself for too long.

#### **2) Follow our VERY STRICT modified eating/drinking instructions:**

- **Solid foods:** You may eat a VERY LIGHT meal (such as a bowl of cereal/oatmeal with a glass of orange juice) up to 6 (six) hours prior to your surgery/anesthesia
- **Clear liquids:** You may drink SMALL SIPS of clear fluid (water, apple juice, Gatorade... anything you see through to on the other side of the glass) up to 2 hours prior to your appointment time
- **Then NOTHING TO DRINK (not even water) for 2 hours before your appointment**

Please note, if you do opt to follow our modified eating/drinking instructions, it is **EXTREMELY IMPORTANT** that you follow them **STRICTLY!!** Not doing so can be **LIFE THREATENING** for your IV anesthesia.