

## PRE-ANESTHESIA INSTRUCTIONS:

Please read these instructions carefully and call with any questions.

Santavicca Dental Professionals, PLLC

(603) 643-4142

1. On the evening before your surgery, you may **eat a normal meal up until 12am midnight**. After midnight, you may not eat any food. Please note that this also includes lozenges, mints, chewing gum, hard candy, etc. You may have **clear liquids on the day of your procedure up until 2 hours before you are scheduled to arrive at the office**. Clear liquids includes water, apple juice, white grape juice, and black coffee (no cream or milk). Orange juice, milk, or other dense drinks are not permissible. We can not provide you anesthesia if you have not been able to follow these guidelines as it is unsafe and puts you at risk for significant complications.

**DAY BEFORE PROCEDURE/ANESTHESIA: There are no eating or drinking restrictions the day before your procedure until midnight. After midnight, no food until after your procedure.**

**DAY OF PROCEDURE: No food after midnight. You may drink clear simple liquids like water, black coffee, or apple juice on the day of your procedure up until 2 hours prior to your scheduled appointment at Dr. Santavicca's office. You will be able to eat after your procedure/anesthesia.**

2. A responsible adult must come with you to the office and either stay during your procedure or be within 15 minutes of the office. Please provide us with this person's contact information. After anesthesia, you may not drive or operate machinery for 24 hours; therefore, your accompanying adult will need to drive you home. Please have this arranged before the day of your procedure.

3. If the patient is a minor, a parent or legal guardian must accompany the patient to the office and stay throughout the procedure.

4. Most medications can be taken per your regular schedule on the morning of your procedure, but try to do so with just a small sip of water. Some exceptions: Do not take diuretics the morning of your procedure. Do not take your ACE-inhibitor blood pressure medication (e.g. lisinopril) on the morning of your procedure. Reduce or do not take your diabetes medications on the morning of your procedure; because you are not to eat the day of surgery, we want to avoid dropping your blood sugar too low.

5. If you are a diabetic and check your blood sugars, please bring your glucometer with you so that we can check your blood sugar before (and possibly after) anesthesia.

6. Do not wear contact lenses, jewelry, lipstick or excessive makeup. Please remove all piercings and nail polish.

7. Wear casual or loose-fitting clothing.

8. If you have a cold, fever, cough, or are not feeling well prior to the appointment, please call the office as soon as you can. Your procedure may need to be rescheduled.

I very much look forward to meeting you!

Adrienne P. Williams, MD

Anesthesiologist

Anesthesia Consultants of the Upper Valley, PLLC

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