

CarePoint Anesthesia Group

8301 E Prentice Avenue, Suite 215
Greenwood Village, CO 80111
Phone (720) 606-4220
Fax (720) 606-4221
info@carepointanesthesia.com
www.carepointanesthesia.com

We are here to provide a comfortable experience before, during and after your treatment. These rules and instructions are put in place with your safety and wellbeing in mind. Please do not hesitate to contact us with any questions or concerns you may have.

PRE-ANESTHESIA INSTRUCTIONS

These instructions are designed for your comfort and protection. Neglecting any of the following may lead to your case being postponed or cancelled.

Fasting Guidelines:

Appointments Before 11:59 a.m.

- Nothing to eat or drink beginning 8 hours prior to anesthesia
- May take medication with a ***small*** sip of water

Appointments After 11:59 a.m.

- Nothing to eat or drink beginning 8 hours prior to anesthesia
- May drink water or Sprite ***only*** up until 4 hours prior to anesthesia
- May take medication with a ***small*** sip of water

Escort: All sedation and anesthesia patients must be accompanied to and from the appointment by a responsible adult. The responsible adult should remain in the office during the appointment unless authorized by the practitioner. The patient must be driven home by the responsible adult (public transportation or cabs are unacceptable).

Clothing and makeup: Casual and comfortable clothing, with short sleeves, and in two pieces, is recommended for easier and more effective placement of monitors. Contact lenses must be removed before the appointment. Facial piercings must also be removed prior to the surgery. Do not wear fingernail polish or use moisturizer on your trunk and arms on the day of the appointment. For children, a change of clothes is recommended.

Change in health: A change in your health, especially the development of a cold or fever, is very important. For your safety, you may be re-appointed for another day. Please inform the doctor of any change in your health prior to your appointment.

After surgery and anesthesia, please be prepared to have a responsible adult caregiver for the remainder of the day. Rest at home and avoid driving, hazardous tasks, making any important decisions, and working for at least 24 hours.

Questions or concerns: call our office at (720) 606-4220. If your questions are about dental care, please call your dentist.

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POST OPERATIVE INSTRUCTIONS FOR ADULT PATIENTS UNDERGOING GENERAL ANESTHESIA

Following these instructions will help ease your recovery following dental treatment under IV sedation/general anesthesia.

1. A responsible adult should drive you home and remain with you, under direct supervision, until you are fully alert.
2. It is normal to feel tired, forgetful, and groggy after anesthesia. Your judgment and mental acuity will be impaired. It is imperative that you do not drive a car or operate machinery while recovering from anesthesia, nor should you attempt to perform any strenuous work or activity. Relax for the remainder of the day.
3. After surgery, you may experience minor discomfort throughout the day. You may have bruising and tenderness at the site of the IV, or a scratchy throat. This is short-lived and should not cause alarm.
4. The local anesthesia (numbing medication) administered during your surgery normally lasts for 4-6 hours, and it's important to take measures to control the discomfort before it wears off.
5. Nausea and vomiting are common after surgery. To minimize symptoms, lie down, avoid dairy products, take narcotic medications (if prescribed) with small amounts of food, and drink clear liquids until resolution occurs.
6. Your diet should include clear liquids only for the first several hours after surgery (water, apple juice, ginger ale, Gatorade, etc.). Fluids are important to prevent dehydration. Your first meal should consist of soft foods (soup, Jell-O, mashed potatoes, etc.) in moderate quantity. Once this is tolerated, you may gradually advance your diet to solid foods. If you are diabetic, maintain your normal diet as much as possible, and follow your doctor's instructions regarding your insulin schedule.
7. Do not drink any alcoholic beverages for the remainder of the day.

Please call our office immediately (720.606.4220) if you develop any unexpected reactions. Call your anesthesiologist if your IV site becomes red and tender, if vomiting persists beyond four hours, if you develop a fever beyond 24 hours, or if any other matter related to your anesthetic causes concern.

Our 24 hour numbers are listed below. Do not hesitate to call if you have any questions or concerns.

Dr. Green (720) 606-4220 ext 13

Dr. Jackstien (720) 606-4220 ext 3 (Espanol)

Dr. Moezzi (720) 606-4220 ext 8 (Espanol)

Dr. Rees (720) 606-4220 ext 12

Dr. Smith (720) 606-4220 ext 6

Dr. Van Hilsen (720) 606-4220 ext 7

Dr. Yen (720) 606-4220 ext 4