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## INSTRUCTIONS & GUIDELINES FOR ADULTS

Please read the following instructions regarding your anesthesia care. Careful adherence to these instructions will allow us to provide the safest care as possible.

### REQUIRED STEPS:

- 1. Fill out and return the Registration and Health History Form:** This information allows us to develop a plan that is most appropriate for your needs. Even if you still have questions regarding anesthesia, we will be able to better answer your questions with this information. This form can be found on our website, under the tab “Payments and Forms.” Your dental office may also provide you with a hard copy. It can be returned to your dental office, or directly to us via email attachment to [info@carepointanesthesia.com](mailto:info@carepointanesthesia.com) or fax directly to us at (720) 606-4221. If you have already conducted a telephone interview with us, you may simply bring the form to your appointment.
- 2. Review the Consent for Treatment Form:** You may choose to sign and return the form to us with your health history, or you may sign it on the day of treatment.
- 3. Complete the Phone Interview:** We will conduct a telephone interview to confirm the appointment, review health history, financial arrangement, and pre-anesthesia instructions. It is imperative that we are able to conduct this phone interview prior to the day of treatment to ensure the patient’s safety. If you have not received a phone call from us within two (2) business days of setting up your appointment, please contact our office at (720) 606-4220.

### FINANCIAL INFORMATION:

Upon satisfactory review of your health history, you will be directed to our website to submit a non-refundable deposit to secure your scheduled appointment time. This deposit is \$500 for Adults, and ***the remaining balance is due on the day of the procedure*** (please refer to our Financial Agreement).

- CarePoint does **NOT ACCEPT** private insurance. Upon request and full payment of your account, we can provide you with a reimbursement claim form that you may submit directly to your insurance company. We do not guarantee that you will receive reimbursement from your insurance company. Please contact your insurance company directly, for any questions regarding your coverage, their payment policies, and reimbursement procedures.
- CarePoint accepts Colorado Medicaid as the only exception to this policy.

### OTHER IMPORTANT INFORMATION:

- Please read the attached “Pre-Anesthesia Instruction Form” and follow the instructions explicitly. Violation of any of these instructions or other specific instructions from your anesthesiologist may result in the cancellation of your appointment and forfeiture of your deposit.
- Please arrive promptly the day of your procedure. We will be conducting a thorough physical examination that consists of airway examination, listening to the heart and lung sounds, and general evaluation. It is important that we have enough time to complete this pre-anesthesia examination.



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## PRE-ANESTHESIA INSTRUCTIONS ADULTS

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

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** 11:00 AM:

- Nothing to eat after midnight the night before
    - May take medication with a **SMALL** sip of water, 2 hours prior to anesthesia

- Appointments **AFTER** 11:00 AM:

- Nothing to eat 8 hours prior to anesthesia
    - May drink water, apple juice or Sprite **ONLY** up until 4 hours prior to anesthesia
    - May take medication with a **SMALL** sip of water, 2 hours prior to anesthesia

- **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 not acceptable).
- **CLOTHING AND MAKE-UP:** Casual and comfortable clothing, with short sleeves, and in two (2) pieces are 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.
- **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-scheduled for another day. Please inform the doctor of any change in your health prior to your appointment.
- After the 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.

Should you have any questions or concerns, please call our office at (720) 606-4220. If your questions are about your dental care, please contact your dentist directly.



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## POST-OPERATIVE INSTRUCTIONS FOR ADULTS

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 judgement 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 scratch 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 4 hours, if you develop a fever beyond 24 hours, or if any other matter related to your anesthetic causes concern.

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

- **Dr. Josh Jackstien: 720-606-4220, Ext 11 (Espanol)**
- **Dr. Celine Taller: 720-606-4220, Ext 4**
- **Dr. Kris Smith: 720-606-4220, Ext 6**
- **Dr. Chris Singh: 720-606-4220, Ext 7**
- **Dr. Rebecca Rees: 720-606-4220, Ext 12**
- **Dr. Paul Wilson: 720-606-4220, Ext 10**