

Before Intravenous Anesthesia Sedation

At Dr. Eisner's office, we realize that having any surgery can be stressful. Our desire is to have your post-operative course progress as smoothly as possible. These instructions provide some general guidelines with regards to post-operative care; Dr. Eisner may give you additional instructions as well. Thank you for choosing our practice.

PRE OP INSTRUCTIONS FOR IV AND GENERAL SEDATION

Get your prescriptions filled within 48 hours of the time we give them to you.

The night before your surgery have a normal dinner at your regular evening mealtime.

Take any medications that you normally take unless Dr. Eisner advised you not to. Also, if we prescribed an antibiotic it is to be taken 2 hours prior to your surgery time with a sip of water.

You may not have anything to eat or drink (including water) for six (6) hours prior to the appointment.

A responsible adult must accompany the patient to the office, remain in the office during the procedure, and drive the patient home. Post-operative home care instructions will be discussed with your "responsible adult" so that they can care for you at home afterwards. For the first night, it is recommended having someone stay at home with you. If you are a minor you **MUST** come with your legal guardian.

The patient should not drive a vehicle or operate any machinery for 24 hours following the anesthesia experience or while taking pain medication.

Bring your iPod or Walkman with your favorite music.

Please wear loose fitting clothing you will feel comfortable in (keep in mind our surgical suite is cold), and low-heeled shoes. Contact lenses and jewelry must be removed and left at home. Dentures must be removed but brought with you.

REMOVE ALL NAIL POLISH

Please take all prescriptions as directed and take pain medications if you are experiencing pain. Pain medications can cause side effects, nausea and should not be taken if there is no pain.

Women please not: Some antibiotics may interfere with the effectiveness of your birth control pills. Please check with your pharmacist.

We also recommend that you stock up on some comfort foods for after the surgery.

You should not eat or drink anything hot, spicy, hard or citric.

Examples of things to eat: Soup, shakes, pasta, mashed potatoes and smoothies.

It is also a good idea to rent some movies for after your surgery

The less strenuous activities you do the quicker your recovery.

Plan on texting and instant messaging your friends when they call to check on how you are feeling. The less talking you do in the first few days the quicker and smoother your recovery will be.

After the third day post operative you can start taking an anti-inflammatory medicine like Motrin, Advil, or Ibuprofen every six hours to help with your swelling and muscle pains.

NOTICE

NO cell phone use allowed in recovery areas. No cell phone calls, photos and/or videotaping/recording. This is due to the HIPAA confidentiality regulations. Thank you for you cooperation and respect for our patient's and employee's privacy.