

# JENKINS, MORROW & GAYHEART

## ANESTHESIA

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In addition to local anesthesia, your doctor may recommend or you may request an additional type of anesthetic. Each anesthetic option requires important preparation on your part. For your safety it is important that you read and follow the following instructions carefully. If you have any questions regarding this information, please ask your doctor.

For all surgery, please wear comfortable, loose-fitting clothing. Tops/shirts should have sleeves that are easily drawn up over the elbow. Females should apply as little makeup as possible. Please wear closed toe shoes. **No Flip Flops or Sandals.**

### **LOCAL ANESTHESIA:**

Will produce “numbness” or loss of sensation in the area of the operation. Depending on the type of local anesthetic administered, the “numbness” may persist for several hours. Do not attempt to chew any solid food until the feeling returns to normal. Rarely, local anesthetic injections can cause permanent injury to the nerves with alteration in sensation (numbness, tingling, burning, and pain) in the tongue, lip, chin, and gum tissues.

### **NITROUS OXIDE GAS:**

Also known as “laughing gas.” You will be relaxed and somewhat less aware of your surroundings, but will recall most of the procedure. Nitrous oxide is always used in conjunction with local anesthesia.

1. You may have a light meal four (4) hours prior to surgery.
2. It is preferable to have someone drive you home.
3. Plan to rest for the remainder of the day.

### **INTRAVENOUS (I.V.) ANESTHESIA:**

Includes I.V. conscious sedation and general anesthesia.  
I.V. anesthesia also includes local anesthesia.

## **INTRAVENOUS CONSCIOUS SEDATION:**

Medications are given through a vein in your arm or hand, which will induce a state of profound relaxation. You may have some awareness of your surroundings and the procedure (voices and other sounds, manipulation of your mouth, etc.). Generally, I.V. conscious sedation is a pleasant experience. Although you will not be unconscious, there will be very little recall of the events surrounding surgery. I.V. conscious sedation is generally safer than general anesthesia because you will continue to breathe spontaneously and protect your airway. It is unusual that I.V. conscious sedation does not provide adequate sedation/relaxation. In the event that we do not feel that a patient is adequately sedated after receiving age and weight appropriate doses of sedation medications we may not proceed with the procedure and recommend that the procedure be re-scheduled in the operating room where a safe general anesthetic can be administered.

## **IMPORTANT INSTRUCTIONS REGARDING YOUR ANESTHESIA**

1. Do not eat/drink any solid food or dairy products for six (6) hours prior to your appointment. However, it is important that you take any regular medications (high blood pressure, antibiotics, etc.) or any pre-medication prescription that we have prescribed, **with a small sip of water.**
2. For afternoon appointments you may have clear liquids (water, sprite, tea, broth, jello) up to six (6) hours before your appointment. Six (6) hours before your appointment you **MUST NOT** take anything further by mouth.
3. You **MUST** have an adult accompany you to the appointment, wait for you during the procedure, and drive you home.
4. Plan to rest for the remainder of the day. Do not drive, operate power tools, machinery, etc., or make important decisions for at least 24 hours after surgery.
5. A responsible adult should be immediately available to assist you for at least four (4) hours after you return home.

## **OTHER SPECIAL INSTRUCTIONS**

If you would like to listen to your music while you are being treated, feel free to bring your music device.

## **MOST COMMON MISUNDERSTANDINGS REGARDING ANESTHESIA**

1. Patient arrives without an adult escort: Unless an adult can be available within 10 minutes, your surgery will have to be rescheduled. We are not permitted to start a procedure without your "ride" physically present.
2. Patient eats prior to appointment: It is dangerous to be sedated with a full stomach. If you have not followed the instructions above (see important instructions regarding your

anesthesia), it is your responsibility to inform the nurses and the doctors so that we can provide you with the safest anesthetic.

3. "I thought you were going to put me to sleep: "The goal of I.V. conscious sedation is to induce a state of profound relaxation, not loss of consciousness. Though many patients believe that they were asleep for their surgery, some patients will have a pleasant awareness of some aspects of the procedure. If you believe that you must have a general anesthetic, please discuss this with your doctor.

Our goal is to provide you with a safe, pleasant and effective anesthetic. In order to do this it is imperative that we have your full cooperation and understanding of important instructions regarding your anesthesia. Please ask any questions concerning anesthesia for your surgery.