

## **Pre-operative Guidelines – Local Anesthesia**

### **Important Instructions for Patients Who Will Be Receiving Surgical Care under Local Anesthesia**

For your convenience and comfort, your surgery will be performed utilizing local anesthetics. The following guidelines are offered to aid your understanding of the process and how you might be better prepared for it.

1. Take your usual prescribed medications, as well as those that have been prescribed for you in preparation for your surgery. **Do not take any aspirin or aspirin containing medications, vitamin E, K, fish oil, flax seed oil, or other NSAIDS for seven (7) days prior to your surgery.**
2. Advise us of all medications you are taking, including over-the-counter drugs. **Do not take any medicines without the doctor's knowledge and approval.**
3. **Do not have anything to eat for at least one (1) hour prior to your appointment.** It is O.K. to have small amounts of clear liquids, but refrain from coffee or tea.
4. **Do not drink any alcoholic beverages the day of your appointment.**
5. Please wear loose, comfortable clothing.
6. Please arrive promptly for your appointment. Late arrival may necessitate rescheduling your surgery. Allow for the usual heavy traffic in planning your departure from home or work so that you can arrive on time. If you are early, our staff will welcome the opportunity to help you relax before your surgery.
7. Normally, patients are capable of driving themselves home after this type of procedure. But if your appointment is much longer than an hour in duration and you have some doubt about how you might feel after your surgery, you may prefer to have someone escort you home.
8. If any disturbances or problems should develop after you leave, please call our office immediately. Parents or guardians of young patients should observe them upon returning home and call us immediately if disturbances or problems should develop.
9. It is strongly recommended that after your surgical appointment, you go home and relax for a few hours. Remaining sedentary as well as the use of a small ice pack on your face can significantly enhance your comfort. Heavy physical activity shortly after your surgery can cause complications and pain.
10. Please notify us if you develop a cold, sore throat, cough, stuffy nose or fever, or any other illness during the days prior to your surgical appointment. If rescheduling your appointment becomes necessary, we would like to have as much advance notice as possible. Please do not wait until the day before, or the day of your surgery to notify us, thinking that you might get better. Our office commonly starts preparing items for your surgery several days in advance, so the lead time related to possible rescheduling is important.

**If you have any questions after reading these guidelines, please do not hesitate to call us at (518) 587-7512 for clarification.**