

# PRE-ANESTHESIA INSTRUCTIONS

Premier Dental Sedation Specialists (PDSS)  
Board-certified specialists in dental office anesthesia and sedation

## WHAT DO I NEED TO DO BEFORE MY ANESTHESIA?

The day before your procedure, continue your normal activities but stop eating **at least 8 hours** before your appointment. This is important as we need an empty stomach for your safety during anesthesia.

You may (and should) drink **CLEAR liquids up to two hours** before your appointment. CLEAR liquids are water, black coffee, Gatorade, Pedialyte or apple juice. Do **NOT** drink any milk, orange juice, or any other fluid.

You should take any of your important medications as per your usual routine with a small sip of water, with the following exceptions:

- a. If you are taking any **blood-thinner medications**, please check with your doctor as s/he may want you to stop these types of medications before your dental procedure.
- b. If you are **diabetic**, we will give you specific instructions but in general, you should skip any oral diabetic medications on the day of your procedure.
- c. If you are taking any **GLP1s** for diabetes or weight loss, please inform your anesthesiologist.

If you are smoking or vaping any type of substance, **QUIT AS SOON AS POSSIBLE**. Smoking any substance increases your risk of dental and anesthesia complications.

If you have any history or current issues with substance use/abuse (including alcohol), please inform us **immediately**. There can be dangerous interactions with anesthesia.

**If you feel you are becoming sick** or ill (flu, viral syndrome, or other medical illness), please inform us immediately as we may have to delay your procedure.

Make sure to arrange for a **ride/assistance** for after the procedure.

For longer procedures we recommend that ALL adult patients should wear **compression stockings** during and after their procedure, and also consider wearing **protective undergarments**.

Wear a short sleeve shirt and remove/cut long fingernails and no polish if possible.

**If you are a patient in the Kaiser system**, we may need to review your medical records. You will have to take the responsibility to obtain copies of your own medical records and communicate with your physician. Unfortunately, Kaiser is very difficult when it comes to communicating with doctors who are not in the Kaiser system.