

PREPARING FOR ANESTHESIA

BEFORE >

PRIOR TO YOUR ANESTHETIC

Proper preparation for your anesthetic is essential. Below is a set of guidelines to follow. Your specific anesthetic will be reviewed with you by your anesthesia provider.

Do not eat anything for at least 8 hours prior to your appointment. You may have water up to 2 hours prior to your surgery.

Do not use mints, gum or hard candy.

Take medications 2 hours prior to your appointment and with a sip of water.

If you have asthma or COPD and use an inhaler, bring it to your appointment.

Wear loose-fitting clothing with sleeves that can be rolled up.

Do not wear jewelry, contact lenses, or makeup to your appointment.

Do not smoke for 12 hours prior to your procedure.

If you feel sick, have a fever over 100 degrees F, or have a cough with a sore throat (signs of infection), please contact the office as soon as possible to possibly reschedule.

If you have a history of heart disease (ie high blood pressure, heart surgery, catheterization or stent, abnormal rhythm or pacemaker) or lung disease (ie COPD, emphysema, bronchitis, sleep apnea), please see your cardiologist or pulmonologist for clearance and disease optimization.



DURING >

WHILE YOU'RE SLEEPING

Vigilance is the most important characteristic that AzAS anesthesia providers bring to our patients. We watch every breath and heartbeat, observing for the smallest of changes and course-correcting your anesthetic to ensure an excellent outcome. AzAS providers have one priority - you! Your safety, comfort and wellbeing are the first and highest priorities.



AFTER >

ONCE YOU ARE WAKING UP

Patients often ask how long their procedure will be. "Two minutes, because you'll be asleep" is the answer! And once your anesthetic is over, your anesthesia and surgical team's responsibility is to get you home safely. Please arrange for a ride home. A dependable adult must accompany you for 8 hours after your procedure. Do not drive for 24 hours.

You may begin to have ice chips or popsicles as soon as you are awake. Add light foods as tolerated and return to a normal diet.

Call your healthcare provider if the following occurs: uncontrolled bleeding, swelling, fever of 100 degrees F, nausea/vomiting that lasts more than 24 hours, rash or flushed skin that increases over time.

Call 911 if you have chest pain or trouble breathing.

Please be advised: Anesthesia cannot be provided safely without following these instructions - please follow them closely. Your procedure may be delayed or cancelled if you eat (8 hours), drink (2 hours) or do not follow the other instructions provided.

Questions about your anesthesia? Concerns about your insurance or bill? Connect with us, we're happy to chat.

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