

MIKKELSEN ANESTHESIA

Pre-Operative Instructions for Dental Surgery and Anesthesia

Please read these instructions carefully before your dental procedure. Following these directions is important for your safety during anesthesia and recovery.

Eating and Drinking Instructions

- Do not eat any solid food for at least 8 hours before your procedure unless instructed otherwise.
- You may drink clear liquids up to 2 hours before your scheduled appointment time.

Clear liquids include:

- Water
- Apple juice
- Black coffee (no cream or milk)
- Clear sports drinks

Do NOT consume:

- Milk or dairy products
- Orange juice or juices with pulp
- Alcohol
- Chewing gum or mints

Failure to follow fasting instructions may result in cancellation of your procedure.

Medications

- Take routine medications only if your dentist or I has instructed you to do so.
- Approved medications should be taken with a small sip of water.
- If you take medications for:
 - Diabetes
 - Blood pressure
 - Blood thinners
 - Weight loss injections (GLP-1 medications)

please follow the specific instructions provided by your medical team.

Bring a complete list of all medications, supplements, and allergies to your appointment.

Smoking, Vaping, Alcohol, and Recreational Drugs

- Do not smoke, vape, or use nicotine products on the day of surgery.
- Avoid alcohol for at least 24 hours before your procedure.
- Do not use marijuana or recreational drugs before anesthesia, as they may interfere with sedation and pain medications.

Illness or Health Changes

Please contact the dental office before your procedure if you:

- Develop a fever, cough, congestion, sore throat, vomiting, or diarrhea
- Experience chest pain or breathing difficulties
- Become pregnant
- Have any significant changes in your health

Day of Procedure

- Wear loose, comfortable clothing with short sleeves if possible.
- Remove all jewelry, piercings, contact lenses, and nail polish.
- Do not wear makeup, perfume, or lotions.
- Brush your teeth before arriving unless instructed otherwise.

Please bring:

- A photo ID
- A list of medications and allergies

Transportation Requirements

- You **MUST** have a responsible adult accompany you to the appointment and drive you home afterward.
- Public transportation, rideshares, or taxis are generally not acceptable unless accompanied by a responsible adult.
- For your safety:
 - Do not drive
 - Do not operate machinery
 - Do not sign legal documents
 - Do not drink alcohol

for 24 hours after anesthesia or sedation.

A responsible adult should remain with you for several hours after your procedure.

After Sedation or Anesthesia

You may experience:

- Drowsiness
- Dizziness
- Mild nausea
- Dry mouth
- Sore throat

- Fatigue

These effects are common and usually improve within 24 hours.

Questions

If you have questions about your anesthesia, medications, or fasting instructions, please contact me before your procedure date.