



General Anesthesia and IV Sedation Instructions

The following instructions must be followed

- Take nothing by mouth after 10:00 PM the day before the appointment. NO FOOD OR DRINK the day of your procedure.
- Take necessary medications with small sip of water and only take medications that have been discussed with anesthesia provider previously
- Please contact your prescribing physician for instructions if you are taking prescription blood thinners such as plavix, coumadin, lovenox, or any other thinners.
- Please do not take diabetic medication the day of surgery. Please bring blood glucose monitoring equipment with you to the appointment as well as your diabetic medication.
- If you are taking **Ozempic (or similar medication GLP-1 Agonist)** you must hold for 7 days prior to scheduled procedure. For the 24hrs prior to your procedure you MUST be on a clear liquid diet.
- Please bring **ALL** prescription meds to appointment including inhalers.
- Wear comfortable, loose-fitting clothing with short sleeves. Please no jewelry or fingernail polish.
- You must have a responsible escort at least 18 years old to drive you home after your procedure. You must have a responsible adult with you at home for the first 24 hours after surgery.
- Do not drive or operate machinery for at least 24 hours after receiving any kind of sedation. Plan to not return to work for at least 24 hours after anesthesia or sedation.
- Do not consume alcohol for at least 24 hours after anesthesia.
- Do not smoke tobacco for 24 hours before your scheduled procedure. Quitting 4-6 weeks prior will reduce your risk of anesthesia complications.
- Do not smoke or use marijuana for 72 hours prior to your procedure
- If you have any changes in your health history or become ill prior to your procedure, please call Selkirk Anesthesia at 208-503-2374 to report it. Report any colds, sore throat, cough, fever, flu like symptoms.

Post Anesthesia and IV Sedation Instructions

- No operating machinery or driving a vehicle of any kind for 24 hours
- No Alcohol for 24 hours
- Do not sign any important documents or make important decisions until after 24 hours
- When you feel like starting to eat again start with ice chips and water and slowly progress to light foods. Avoid heavy foods for the first 24 hours.
- Resume taking all prescription as prescribed as long as the dentist verifies it is ok.
- Any bleeding concerns must be directed to your dentist. Do not contact Selkirk Anesthesia because of bleeding issues. Follow the dentist's instructions for bleeding.
- Contact your dentist for any issues with pain.



- It is common to experience some nausea after anesthesia. If you experience nausea be sure to not eat anything heavy and drink plenty of fluids. If your nausea doesn't improve please contact your anesthesia provider.
- If you have trouble breathing, chest pain, a high fever, or any other urgent medical issues after your procedure please go to the nearest emergency room to be evaluated.