



Contact us:

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Avanti Anesthesia, PA

PRE-ANESTHESIA INSTRUCTIONS

- Wear comfortable, loose-fitting clothing and leave all valuables at home.
- Do not wear any jewelry, makeup, false eyelashes, hairspray, barrettes, or hairpins.
- Body piercings should be removed and left at home.
- If you wear contact lenses, please leave them at home and wear glasses the day of surgery.
- A responsible adult **MUST** drive you home and stay for the remainder of the day. It is recommended they stay with you for 24 hours. An uber, taxi, bus or paratransit driver cannot be considered a responsible escort.

POST-ANESTHESIA INSTRUCTIONS:

Be prepared to finish your recovery at home. Patients often experience drowsiness and minor after-effects, including dizziness or headaches and nausea. Vomiting may also be present but is less common. These side effects usually decline rapidly in the hours following surgery, but it may take several days before they are gone completely. Some patients do not feel up to their typical activities the next day, usually due to general tiredness or surgical discomfort. Plan to take it easy until you feel back to normal. Know that a period of recovery at home is common and to be expected.

Notify your surgeon's office if you noticed any change in your physical condition such as a cold, fever, rash, nausea, vomiting, diarrhea, or other illness.

If you are taking any GLP1 medications such as Ozempic, Mounjaro, etc., Notify the office as these have very specific instructions to follow.

Regularly prescribed medications may be resumed as tolerated. There are no food restrictions but eating bland foods for your first meal after anesthesia is recommended. Progress to a regular diet as tolerated.

EATING/DRINKING/MEDICATIONS

MORNING SURGERY:

- Do not consume food or liquids after midnight, including candy, lozenges, mints, or gum.

AFTERNOON SURGERY:

- Do not eat any FOOD after midnight.
- You may have 8oz of **sugar free** beverages up until 4 hours before your scheduled arrival time. This includes black coffee, plain tea, water, diet soda, & diet fruit juice.

BOTH:

- Daily medications should be taken with a sip of water EXCEPT DO NOT take diabetes medications or other medications as directed by your surgeon.
- You are allowed to brush your teeth.
- Avoid the use of alcohol, tobacco, and recreational drugs for 24 hours before surgery.

For 24 hours after your procedure, **DO NOT:**

- Drive a car, operate machinery, or power tools.
- Drink alcohol
- Use recreational drugs, tranquilizers, antihistamines, or sleep medications.
- Make important decisions or engage in activities that require clear thought or judgment.
- Walk or use stairways without assistance.
- Care for small children without assistance.

CALL 911 IN CASE OF EMERGENCY

Call your surgeon if you have:

- Nausea / vomiting that won't stop.
- Intolerable pain.
- Excessive bleeding.
- Fever of greater than 101°F.
- Any other questions or concerns after surgery.