

## Pre-Anaesthetic Advice and Restrictions

For safe treatment of the patient, the following pre-anaesthetic instructions must be followed very carefully.

You must:

1. **Have nothing to eat in the eight hours prior to surgery.** It is essential that all food be fully digested at the time of the appointment.
2. **Have nothing to drink in the four hours prior to surgery.** Do not give your child milk/breastmilk/formula or orange juice. Up until that time, you may drink clear fluids (e.g. apple juice, tea, jello, ginger ale, etc.) Unless otherwise instructed, any medication you normally take should be taken at the regular time with the amount of water you feel appropriate.
3. Have a responsible adult accompany you to and from the surgical facility. Private automobile or taxi is recommended. Public transportation is not acceptable. A parent or guardian must be present for patients under 18 years of age to provide necessary consent. All patients **must be accompanied** at discharge.  
Name of escort: \_\_\_\_\_ Contact No: \_\_\_\_\_
4. Wear loose, comfortable clothing. Please don't wear nylons. If you have (training) diapers at home, please put one on for your child. Always bring an extra set of clothing (shirt & pants).
5. Do not wear jewelry or make-up or toe/nail polish. Langley Surgical is not responsible for lost or stolen articles.
6. Contact Langley Surgical prior to the day of treatment if your medical condition changes (i.e. severe cold, fever, etc.) If in doubt, please phone your doctor's office to discuss the condition.
7. After treatment, arrange to have a responsible adult remain with you for the balance of the day and during the night.

**Remember:**

- **Nothing to eat in the eight (8) hours before your treatment.** You may have water, clear fluids (e.g. tea, apple juice) up to four (4) hours before surgery. This **does not** include milk. Black coffee is acceptable.

**Finally:**

- If you have any questions, please do not hesitate to ask them. It is important that you understand the circumstances surrounding this treatment.

Patient or Legal Guardian (Signature) \_\_\_\_\_

Patient or Legal Guardian (Please Print) \_\_\_\_\_

Witness (Signature) \_\_\_\_\_

Witness (Please Print) \_\_\_\_\_

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## Post-Anaesthetic Advice and Restrictions

For your safety, the following post-anaesthetic instructions must be followed very carefully.

Following general anesthesia or intravenous sedation, 24 to 36 hours are required for the full effects of the drugs to wear off. During this period, it is essential that you follow these instructions:

1. On leaving the surgical facility you must be accompanied by a responsible adult, who may either drive you home or accompany you home in a taxi. Do not use public transportation.
2. On arrival home, it is common to feel sleepy. Rest quietly at home for the balance of the day.
3. Lie flat if you feel dizzy or light-headed.
4. Drink lots of non-citric juice or non-diet soft drinks for the first 4 to 6 hours. Light meals are recommended following your surgery (e.g. soup, jello). Avoid milk for at least 24 hours.
5. Avoid alcohol in any form for at least 24 hours. This may be included in over-the-counter medications and/or mouthrinses.
6. Apart from your prescribed painkillers, avoid any drugs which may affect your nervous system for 24 hours.
7. We strongly suggest that a responsible adult be with you for the rest of the day and night.
8. Inform Langley Surgical Centre of any unexpected hospital admission occurring within 10 days of treatment.

**Remember:**

- You may experience some muscular aches in and about the surgical area. As well, you may develop a sore throat or stuffy nose following a general anaesthetic. These symptoms are not serious and will disappear in a short time.

**Finally:**

- If you have any questions or problems regarding post-operative signs or symptoms, or any associated concerns, please contact your surgeon/dentist. Call the office at 604-575-7785 during office hours. For any emergency calls after-hours, please call 604-649-0839.

Patient or Legal Guardian (Signature) \_\_\_\_\_

Patient or Legal Guardian (Please Print) \_\_\_\_\_

Witness (Signature) \_\_\_\_\_

Witness (Please Print) \_\_\_\_\_