



# PRE-ANESTHETIC INSTRUCTIONS

The following instructions are for Patients undergoing anesthesia

Please let your practitioner know if you have any questions prior to the sedative being administered.

You may not have anything to eat for eight (8) hours prior to your appointment. You may drink clear fluids (water, apple juice, or sports drinks) up until two (2) hours prior to your appointment.

Discuss with Dr. Kobernik in advance if you should take medication(s) you regularly take prior to anesthesia. If he confirms you should take any of your medications, please do so with small sips of water and only under his exact direction. It is imperative that you inform Dr. Kobernik if you take medications for high blood pressure or diabetes.

A responsible adult must attend the appointment to the office, remain in the office during the procedure, and transport home. They will verify, with their signature, responsibility for staying with you for six (6) hours after your appointment.

- The patient should not drive a vehicle or operate any machinery for 24 hours following anesthesia.
- Please wear loose fitting clothing with a short-sleeved top and low-heeled shoes. Contact lenses, jewelry, and dentures must be removed at the time of the appointment. Please bring a small blanket with you for comfort if you wish. Please do not wear dark nail polish.
- If your health deteriorates (due to cough, cold, fever, etc.) please contact Dr. Kobernik prior to the day of the appointment. If there is a question on if the appointment should proceed, please contact Dr. Kobernik immediately.
- Please leave your valuables at home or with your driver. Dr. Kobernik is not responsible for lost items.
- Women, please note: Some of the drugs used for anesthesia may interfere with the reproductive cycle. If there is any possibility that you are pregnant or if you are currently taking birth control pills, you must inform Dr. Kobernik prior to anesthesia.

## For children under age 12:

- Your child should have a balanced meal the evening before the appointment and may also have a healthy snack before bedtime.
- Your child may not have any solid food or milk eight (8) hours before anesthesia. Your child may have clear liquids (water, apple juice, sports drinks) up until two (2) hours before the appointment. Your child should take his/her normal medication with sips of water as directed by Dr. Kobernik.
- If your child develops a runny nose, cough, or cold, the appointment may need to be rescheduled. Please contact Dr. Kobernik immediately if needed.
- Dress your child in comfortable clothing and a short-sleeved shirt. Bring a light blanket to cover them during anesthesia if you wish.

## For all patients:

**CONTACT US.** Should you have ANY questions or concerns regarding planned anesthesia care, please DO NOT hesitate to contact your anesthesiologist at the number below

**Dentist Anesthesiologist:** Dr. Jeffrey A Kobernik **Direct Cellular Number:** 541-429-5505