



Pedro M. Trejo, D.D.S., M.S.
Periodontics, Prosthodontics, & Dental Implants

Diplomate of the American Board of Periodontology

2600 S. Gessner Rd., Ste 304 Houston, TX 77063 Tel: (713) 785-4867 Fax: (713) 785-1191 Pgr: 713-619-5438

INSTRUCTIONS FOR PATIENT PRIOR TO ANESTHESIA

Eating and Drinking

It is extremely important that patients have an empty stomach prior to anesthesia. For this reason, adults and teenagers are not to have **anything** to eat or drink for **six (6) hours** before their scheduled appointment. If you have a morning appointment, do not eat or drink anything after midnight. No alcohol and no smoking **24 hours** prior to surgery.

Change in Health

A change in health, especially the development of a cold or fever, is extremely important. Please notify Dr. Trejo if there is any change in you health status.

Medications

Prescription medications should be taken as scheduled with a sip of water unless otherwise noted by Dr. Trejo. Please inform the anesthesiologist of **all** medications you are currently taking and have taken within the last two weeks.

Clothing

On the day of the surgery, it is suggested that you wear loose fitting clothing and comfortable flat sole shoes, no sandals. Please pull long hair back, and remove nail polish and acrylic finger nail from your right index finger. Do not wear contact lenses, makeup, or facial and oral jewelry, as it can contaminate the surgical site.

Designated Driver

A responsible adult must accompany the patient to this office and remaining in the lobby throughout the surgical procedure. You are not to arrive or leave alone, even if you are being chauffeured by a taxi or bus. After the surgery an adult is recommended to remain with you for the rest of the day or **at least 4 hours** post surgery. Please reframe from operating a motor vehicle of heavy machinery for 24 hours after the surgery.



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POST-ANESTHESIA INSTRUCTIONS FOR PATIENTS

Pain of Fever

Drugs such as Tylenol, Advil, or Motrin are usually effective for mild pain and fever that may follow your surgery and anesthesia. If you have concerns, call Dr. Trejo's cell phone (281) 389-1309 or your anesthesiologist.

Nausea and Vomiting

Although nausea and vomiting does sometime occur after anesthesia, it is usually limited to 1 or 2 episodes. If this condition persists, you may need a prescription medication. Please don't hesitate to call Dr. Trejo if you think you need medication for this condition.

Diet

Limit oral intake for the first 1-2 hours to clear liquids (water, sprite, apple juice, Gator-aid). If you tolerate clear liquids, you may resume your regular diet when you are able, unless otherwise directed by Dr. Trejo.

Activity

Do not drive or engage in moderate to high physical activity for at least 12 hours and preferably 24 hours following your procedure. Do not operate any hazardous machinery or equipment for 24 hours following anesthetic.

Soreness/Redness at the I.V. Site

This condition, called phlebitis, is inflammation of the vein. This condition is usually self-limiting and may occur within 24 hours to 2 weeks following anesthetic and may be accompanied by a low-grade temperature. This condition may persist for 2 weeks to 6 months. Treat with Tylenol, Advil, or Motrin along with warm moist heat to the inflamed area. If this condition persists please contact Dr. Trejo at 713-785-4867.

