

# **Ridgepoint Dental**

## **Pre-Anesthesia Instructions**

1. No solids are to be taken for six hours prior to appointment. Clear liquids (i.e. water, apple juice, Gatorade) may be consumed up to 2 ½ hours prior.
2. The patient must have a ride to and from the procedure, in a vehicle where the patient may recline or lie down.
3. Arrangements must be made to have supervision for the remainder of the day and possible through the night, depending on the patient and procedure. Assume this is the case unless told otherwise. This individual must be capable of managing the patient to accompany to the restroom, help balance in the event he/she loses balance, can make sure the patient consumes appropriate nourishments, and can manage the pain medicine as instructed.
4. Have necessary items available ahead of time (i.e. liquids with calories, food, etc.) so the supervision individual will not need to leave the patient unattended.
5. Wear appropriate, comfortable clothing with sleeves which can be rolled up. Nail polish should be removed from at least two fingers. Several monitoring devices will be utilized including blood pressure cuff (generally on the upper arm), a finger sensor, and EKG stickers will be placed.
6. If you take any medications (such as high blood pressure, heart problems or diabetes), take them as normal unless instructed otherwise. Please bring in all medication which you are taking so I can reconfirm doses and when to take these medications. Refrigerated medications (i.e. insulin, etc.) do not need to be brought in to the appointment but I do need a details list of medications (including doses and when taken) which are not brought in for the appointment.
7. If you have any issues or conditions which can be complicated by the eating schedule (i.e. diabetes or hypoglycemia), please contact me prior to the appointment. These guidelines may be altered as needed.
8. I will attempt to call by the evening prior to the procedure (provided I have a good contact number from the office). If you do not hear from me by 9:00 pm the evening before or if you wish to talk to me prior to that day, feel free to call me. My cell phone number is listed below.
9. If you see any medical specialists, have any medical issues or special concerns, please contact me ahead of time. Additional consultations may be necessary prior to treatment. If you have any additional concerns (such as allergy to medications, or history of nausea or vomiting after other procedures), please make me aware of them.
10. Patients with certain medical conditions may be requested to have a check-up. Please bring a note from physician to the appointment or fax it ahead of time.
11. Make sure I have a good number of the patient and the supervising guardian for the day of the appointment in order to check on the patient. Be aware that patients often do not answer their own cell phone on the day of the procedure.

If you have any questions, feel free to call me.  
Dr. Sweeta Walia (214) 862-3100