

KELOWNA  
**ORAL & FACIAL**  
SURGERY

#412 - 2755 Tutt St.  
Kelowna, BC, V1Y 0G1  
Phone: 778-484-7275  
Fax: 778-484-7276

Dr. Scott T Martyna, DMD, MHA, FRCDC, FACS  
Dr. Gordon Wong, DMD, FRCDC, Dip ABOMS  
[www.KelownaOralSurgery.com](http://www.KelownaOralSurgery.com)

## Preoperative Instructions for Sedation or General Anesthesia

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

### **FOOD AND BEVERAGES**

- It is essential that the stomach be empty at the time of the anesthetic appointment.
- Do not eat or drink anything for 8 hours prior to your appointment (this includes water, coffee, mint, and gum).
- Do not drink any alcohol prior to treatment for at least 24 hours.

### **MEDICATIONS**

- Unless instructed otherwise, regular medication (*including antibiotics*) should be taken preoperatively. In that case, a *small sip* of water to take the medications is permitted. Please advise your doctor of any medications you are currently taking and whether you should take them the day of surgery.

### **CLOTHING / CONTACT LENSES**

- Wear loose casual clothing for the appointment (e.g., short sleeve tee shirt).
- Do not wear jewelry, hair pins or make-up.
- Remove contact lenses before surgery.

### **SMOKING / VAPING**

- Refrain from smoking and/or vaping for a minimum of 24 hours prior to treatment.

### **DRUG USE**

- Refrain from any recreational drug use for a minimum of 24 hours prior to treatment.

### **FEMALES**

- Please advise the doctor/clinical staff if you are, or there is a chance that you are pregnant prior to treatment.

### **TRANSPORTATION**

- Under no conditions can you drive yourself home, or operate a vehicle or heavy machinery during a 24-hour period following surgery.
- A responsible adult (excluding a taxicab driver) must pick you up after the appointment and accompany you home, and provide after surgery care as needed. Free parking is available in the Osprey Street Parkade.
- Public transportation is not recommended.

### **PERSONAL DEVICES**

- No photos, audio or video recording without expressed consent. Thank you for respecting everyone's right to privacy.

### **CHANGE IN HEALTH STATUS**

- If your general health deteriorates (e.g., cold, cough, fever, etc.), contact our office *as soon as possible*, prior to the day of the appointment. If in doubt, please phone the office to discuss the change in health status.

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

***If you are having IV/Nitrous sedation, please arrive at least 15 minutes prior to your scheduled surgery.***

***If you are having general anesthesia, please arrive at least 1 hour prior to your scheduled surgery.***