

Local and/or Nitrous Oxide Pre-Anesthetic Instructions

You are scheduled to have a procedure using **local anesthesia and/or Nitrous Oxide (laughing gas)**. Please read and follow these instructions carefully to help ensure your safety and comfort.

Before Your Appointment

- You may eat and drink prior to your appointment.
- **Do not smoke or consume any marijuana products 72 hours** before your procedure.
- **Do not take any medications containing benzodiazepines** (such as **Ativan, Valium, or Xanax**) for at least **72 hours prior to your procedure**, as these medications can remain in your system and **adversely affect anesthesia** and/or your ability to consent to procedure.
- Take any **necessary prescribed medications** as directed, but make sure your doctor is aware of **all medications taken within the past 24 hours**.
- If you are of legal driving age, you **may drive yourself home** after the procedure.
- If the patient is a **minor**, a **parent or legal guardian** must:
 - Sign all consent forms,
 - Remain on-site during the procedure, and
 - Be able to drive the patient home afterward.

What to Wear and Bring

- Wear **loose, comfortable clothing** with **short sleeves**.
- Leave **rings and other jewelry** at home and wear **minimal makeup**.

Health Considerations

- If you are **feeling sick with a fever, cough, chest cold, or congestion** prior to your procedure, **notify our surgical team right away** so they can determine if a change of appointment is necessary.
- If you are **pregnant or breastfeeding**, please notify your doctor before the procedure.

After Your Procedure (all prescriptions will be sent **FOLLOWING** your procedure)

- If needed, a **prescription for pain medication or antibiotics** will be electronically sent to your pharmacy.
- Please allow your pharmacy **2–4 hours to fill your prescription** and **contact your pharmacy directly** with any questions regarding medication fill times or availability.

Suggested Foods

For the day of surgery (cool, thick, soft foods while numb):

- Yogurt, Ice cream, Pudding, Jell-O, Custards, or other soft foods.

For the week following surgery

- Pancakes, Soft fish, Well-cooked pasta, Scrambled eggs or any foods you can cut with a cheap plastic fork. **NO SEEDS, NUTS OR POPCORN.**

If you have any questions or concerns, please contact our office prior to your procedure.