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General Anesthesia Preoperative Instructions

Dear Patient,

As you prepare for your upcoming surgery, it is important to follow these instructions carefully to ensure your safety during the procedure and the best possible outcome. Please read through all of the guidelines, and feel free to reach out with any questions.

1. Fasting Instructions (NPO Guidelines)

- **Do not eat or drink anything** (including water, gum, or candy) for at least **8 hours prior** to your surgery. This includes solid food, liquids, and milk.
- **Clear liquids** (water, apple juice, black coffee without cream, clear broth) may be consumed up to **2 hours before surgery** if directed by your doctor.

2. Medications

- **Regular Medications:** If you take medications regularly (e.g., blood pressure medications, insulin, etc.), please follow the specific instructions your healthcare provider gives you regarding when to take them on the day of surgery.
- **Blood Thinners:** If you are on blood-thinning medications (such as warfarin, aspirin, or clopidogrel), follow your surgeon's or anesthesiologist's instructions. These medications may need to be temporarily stopped before surgery to minimize bleeding risks.
- **Vitamins and Supplements:** Discontinue any herbal supplements or vitamins (especially those that could affect bleeding, such as garlic or fish oil) at least 7 days before surgery.
- **Over-the-counter medications:** Please inform your anesthesiologist of any non-prescription medications you are taking.

3. Health Conditions

- If you have any allergies to medications, foods, or anesthesia, please inform your healthcare team immediately.
- If you have a **history of breathing problems**, such as **asthma, sleep apnea, recent cold or sore throat**, make sure to notify your healthcare team.
- **Diabetes:** If you are diabetic, discuss your insulin management plan with your doctor, as anesthesia can affect blood sugar levels.
 - If you are taking **GLP-1 medications** or injection, such as **Ozempic, Wegovy, Trulicity, Rybelsus et al**, PLEASE inform your healthcare provider. These medications can slow stomach emptying and increase the risk of aspiration during general anesthesia. It is important to stop these medications for at least one week before surgery.

- **Marijuana:** Avoid marijuana use for at least a week before surgery, as it can affect how the body metabolizes anesthetic drugs, leading to changes in the required dose or duration of effect. Please inform your doctor if you have used marijuana before surgery.
- **Smoking:** Avoid smoking for at least 24 hours before surgery, as it can affect your airway and anesthesia

4. Personal Hygiene

- **Nail Polish/Makeup:** Remove all nail polish and jewelry (including piercings) on the day of surgery. This will allow us to monitor your circulation and provide the best care.

5. What to Bring

- Bring **ID**, and any updated medical records relevant to the procedure.
- Wear **loose, comfortable clothing** to the hospital.
- If you wear glasses, contact lenses, or dentures, bring your case for storage during the procedure.

6. Day of Surgery

- **Arrival Time:** Arrive at the office at the time specified by your surgeon or anesthesiologist.
- **Transportation:** Arrange for someone to drive you home after the procedure, as anesthesia may impair your ability to operate a vehicle.
- **Accompaniment:** Please have a responsible adult accompany you to the office.

7. Postoperative Care

- After the procedure, you will be monitored in the recovery room until the effects of anesthesia wear off.
- You may feel groggy, dizzy, or nauseous upon waking. This is normal, and we will help manage these symptoms.
- Follow all instructions regarding pain management and activity restrictions post-surgery.

Important Contact Information:

If you have any questions or concerns prior to surgery, please contact us at 408-446-9188

We wish you a smooth and successful procedure. Thank you for your attention to these important details!

Sincerely,

Wenli Yu DDS. PhD

Board Certified Oral and Maxillofacial Surgeon