

Mai-Phuong Huynh, DDS, FADSA  
Anesthesia for Dentistry

**PRE-ANESTHESIA INSTRUCTIONS FOR PATIENTS**

**Eating or Drinking**

**\*\*FAILURE TO STRICTLY FOLLOW THESE INSTRUCTIONS COULD RESULT IN ASPIRATION AND MAY BE FATAL\*\***

For anesthesia, it is extremely important that patients have an empty stomach, and the following instructions are to be followed:

- No solid food for eight (8) hours prior to the appointment (solid food includes milk, broth, or other fats, candy, and chewing gum)
- Children: breast milk may be taken up to four (4) hours prior to the appointment
- Clear liquids (water, apple juice, clear Jell-O, Gatorade, soft drinks, black coffee) may be taken up to two (2) hours prior to the appointment
- Nothing may be taken for two (2) hours prior to the appointment

**Clothing**

Please wear a short sleeve loose shirt with loose pants, and bring a light blanket. For children who do not wear a diaper or pull up, please bring a change of clothing. Do not wear makeup, nail polish, or false eyelashes. Contact lenses must be removed before anesthesia.

**Change in Health and Medications**

*A change in health, especially the development of a cold or fever, is extremely important.* Please notify Dr Huynh if there is any change in your health. Prescription medications should be taken as schedule (with a small sip of water), unless previously indicated by Dr Huynh.

**School**

Children must remain home from school the morning before the anesthesia appointment and have full supervision regarding the eating instructions. Please make sure also to clear your/your child's schedule for the remainder of the day after the appointment as well.

**Designated Driver**

A responsible adult relative or friend must be available for escort home. Patients will not be allowed to leave by taxi or bus. For children, it is recommended that both parents accompany the child and no other siblings are present at the appointment.

**Questions**

Prior to your appointment, Dr Huynh will contact you to review your medical history, preoperative instructions, and answer any questions. If you would like to discuss your anesthetic before this appointment, you may call Dr Huynh at (619) 339-1188.