



Valley Mobile Services Office-Based Anesthesia Patient Instructions

Pre-anesthesia Instructions:

- You may eat a light meal up to 6 hours prior to anesthesia
- You may drink clear liquids (water, black coffee, black tea) up to 2 hours prior to anesthesia

Your anesthesiologist will discuss the best anesthetic care with you on the day of your procedure. You will receive anesthesia medications that may make you drowsy for about 24 hours. Therefore, it is important to bring someone with you who can drive you home. Some patients experience nausea after anesthesia and surgery. You will want to tell your anesthesiologist if you become light-headed, nauseous, or experience stomach upset.

Post-anesthesia instructions:

For 24 hours, do not:

- Drive a car or operate machinery or power tools
- Drink alcoholic beverages, including beer
- Make important decisions

Following anesthesia, begin consuming liquids and light foods (soda pop, tea, jello, broth, popsicles). Avoid greasy, fried and spicy foods.

If nausea/vomiting occur, drink liquids until resolved. If nausea/vomiting persists, notify your physician.