



Norman V. Palm, D.D.S.
Richard W. Panek, D.D.S.
Julie B. Billups, D.D.S.

■ 4349 Sawkaw Dr. NE
Grand Rapids, MI 49525

■ 120 Marcell NE, Suite C
Rockford, MI 49341

INSTRUCTIONS PRIOR TO ORAL SURGERY AND ANESTHESIA

1. **Anesthesia:** Preparation for anesthesia is a must. If you prefer or are considering I.V. (intravenous or sleep) anesthesia, you CANNOT EAT or DRINK ANYTHING, except for prescribed medication, for SIX hours before your appointment time. If your preference is local anesthesia (numbing only), no food or drink restrictions apply.
2. **Medications:** Do take any regularly prescribed medications as usual on the day of your surgery unless a nurse from our office tells you otherwise. If you are an insulin dependent diabetic or take blood thinning medication, please inform our office. Special instructions may apply.
3. **Oral Hygiene:** You should brush your teeth well and follow your routine oral hygiene procedures the day of your surgery.
4. **What to Wear:** Please wear loose, comfortable clothing. Short sleeves are preferred. Eye contacts can be worn during surgery.
5. **Length of Time in Our Office:** Your surgery and anesthesia recovery period will vary with your anesthesia preference and the complexity of your procedure. If you choose to have I.V. anesthesia, expect an office treatment time in excess of one hour. Office stays are shorter when only local anesthesia is used. Telephone our office if you need more detailed information.
6. **Consultation With Your Surgeon:** Your surgery, anesthesia options, and likely recovery period will be discussed with you during a consultation with your surgeon prior to your surgery. If you are considering I.V. (intravenous or sleep) anesthesia prepare by not EATING OR DRINKING SIX HOURS before your appointment. In addition, our staff will explain your written home care instructions with you on the day of your treatment.
7. **Anesthesia Recovery Period:** A recovery area will be available for you during your immediate recovery period in our office. If I.V. anesthesia is used, a limited office recovery period is common. You should also plan on resting at home for the remainder of the day and evening if you have I.V. anesthesia. In addition, I.V. anesthesia patients cannot drive a vehicle until the following day.
8. **Transportation:** If you prefer I.V. anesthesia, a responsible adult must accompany you to our office. This person must be available to drive you home after your surgery. We ask that this person remain in our office during your surgery and recovery period.
9. **Recuperation Period:** Depending on your surgery, you may need one or two days of rest before resuming normal activity. If you have had I.V. anesthesia have someone available to assist you at home for the first one to two hours. Your surgeon will specify any particular restrictions in your normal activity he or she feels will be necessary for your recuperation period.
10. **Questions:** Please call us with your questions. We will be happy to answer them for you. Our office hours are Monday thru Friday 8:00 a.m. to 5:00 p.m.

Grand Rapids • 616-361-7327
Rockford • 616-866-4200
Fax • 616-361-9882
Toll Free • 1-800-762-0365
E-mail: info@palm-panek.com

Diplomates of
American Board of
Oral and Maxillofacial Surgery

Dr. Palm, Dr. Panek, Dr. Billups, and Staff