VALENTINE
Oral & Maxillofacial Surgery

Patient Instructions: Preparing for After Surgery

- **Getting Home After Surgery and Anesthesia:**

After anesthesia patients must be released to a responsible adult (designated support person) who will drive them home, ensure they get in their home safely.

  - For the patient's wellbeing, it's recommended that the patient have a responsible adult stay with and monitor them for the first 24 hours while the anesthesia wears off. This helps prevent accidents and ensures someone is able to report any complications and communicate to the medical team should the need arise.

- **After Anesthesia Patient Care & Safety:**

  Anesthesia can affect a patient's cognitive and physical abilities, in ways that are not always obvious to others, or themselves. Anesthesia can cause short-term memory loss, and cause various states of disorientation, or being physically clumsy or unsteady. Anesthesia can also cause nausea and dizziness.

  - Patients should rest for the remainder of the day.
  - Do not drive a vehicle, make important decisions or sign legal paperwork.
  - Do not operate equipment or any heavy machinery.
  - Do not consume alcohol, and only take medications or supplements approved by your surgeon.

- **After Anesthesia & Child Care & Safety:**

  Anesthesia can affect a patient's cognitive and physical abilities. Make sure young children are, for the remainder of the day, cared for by a responsible adult who has not received anesthesia on the same day.

What to do on Surgery Day:

- **If You Are Ill:** If you have an illness such as a cold, sore throat, stomach, or bowel upset, please notify the office as soon as possible.

- **What to Wear:**
  - Loose fitting clothing with sleeves, which can be rolled up past the elbow.
  - Please do not wear high heels or flip-flops.
  - Contact lenses, jewelry, and dentures must be removed at the time of surgery.
  - Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.