



## ANESTHESIA CARE INFORMATION

Dear Patient,

South Coast Anesthesia is a group of highly qualified Certified Registered Nurse Anesthetists (CRNA) who will provide the anesthesia care for you during your outpatient procedure. We will supervise your recovery from the anesthesia and will remain available to you until you are able to leave the facility in the care of the person providing your transportation and post-operative care. Our services are designed to make you more relaxed and comfortable during your procedure.

It is extremely important that you **DO NOT EAT OR DRINK** anything for the eight (8) hours preceding your surgery, unless otherwise instructed. The reason for this is that food or fluids in the stomach increase the risk of vomiting while sedated or anesthetized. This can lead to the stomach contents getting into the lungs, which can cause serious illness or death.

Please wear comfortable, loose fitting clothes and flat shoes such as sneakers or slippers (no high heels or thongs). Remember, you may be somewhat sedated and will have to walk from your car into your home, so be comfortable. Please do not wear any make-up on the day of your surgery.

Following any anesthetic, it is **ABSOLUTELY NECESSARY** that you have a responsible adult drive you home and stay with you for the first 24 hours.

Once you get home after your surgery, you may have water, 7-Up or juices. Start off slowly with small sips, and gradually increase the amounts as you feel you can tolerate them. Then you can add any foods your doctor recommends or are on your diet. However, do not feel you have to eat solid foods. It is much more important to concentrate on drinking plenty of fluids (at least 8, preferably more, glasses per day).

Rest is very important after surgery. Do not drive or do any type of work that will involve coordination of action or thought for at least 24 hours following your anesthetic.

To help prevent complications following your surgery, it is very important that you take several deep breaths followed by strong coughs every hour or two for several days. This technique will help keep your lungs clear after your surgery. If you smoke, we highly recommend that you quit at least one week, preferably two weeks, before your surgery. Smoking robs your tissues of oxygen and increases your risk to having surgery and anesthesia.

Should you have any questions regarding your anesthesia care, please do not hesitate to call the number below. Thank you for taking your time to read this and allowing us to introduce ourselves. We look forward to meeting you and providing care that is intended to make your procedure more comfortable.

Respectfully yours,

Jesse J. Rivera, CRNA  
President