



Surgery Pre-Op Instructions

Before surgery, we will be sending in medications to your preferred pharmacy.
Or handing you printed prescriptions.

- UNLESS INSTRUCTED OTHERWISE, it is important that you take any regular AM medications (high blood pressure or heart medication) or any medication given to you by your surgeon using only a small sip of water.
- A parent or legal guardian MUST be present at time of surgery for a minor (under the age of 18).
- Please give us a call before your appointment if you develop any cold, flu, sore throat or other symptoms of illness.
- **If you cancel, call at least 48 business hrs. in advance, otherwise your deposit will be forfeited.**
- Wear comfortable clothing, the surgery rooms may be cold, dress accordingly.
- Empty your bladder immediately prior to your appointment.

If you have chosen to take an oral sedative for your surgery, the instructions are as follows:

***** YOU WILL TAKE THE SEDATIVE IN OFFICE. ARRIVE 1 HOUR PRIOR TO YOUR SURGERY. YOUR APPOINTMENT TIME ALREADY REFLECTS THE EXTRA HOUR FOR ORAL SEDATION*****

- DO NOT EAT OR DRINK SIX (6) HOURS PRIOR TO YOUR APPOINTMENT. CLEAR LIQUIDS ARE OKAY TO DRINK UP TO TWO (2) HOURS BEFORE YOUR APPOINTMENT. (Clear liquid: water, apple juice, chicken broth...)
- **The driver MUST come in the building and MUST be present for the entire procedure.**
- We will go through home care and postop instructions with your driver.
- Side effects may include headaches, dizziness, visual disturbances, amnesia, and nausea. To reduce chances of nausea do not eat or drink opaque liquids (coffee, milk, orange juice) at least for 6 hours before procedure.
- **Patient can take Ibuprofen 800mg and Tylenol 1000 mg after procedure.**
- *****Conscious oral sedation is not general anesthesia (being completely asleep). Conscious sedation is not pain control, conscious oral sedatives aid in anxiety and relaxation for the procedure. Peak effect occurs 1-2 hours and might take up to 24 hours to wear off.**
- **During your recovery from sedation, you agree not to drive, operate complicated machinery or devices, or make important decisions such as signing documents, etc. for twenty-hour (24) hours.**

Please carefully follow the instructions that accompany your prescriptions. We wish to make your surgical appointment as pleasant as possible. Should you have any further questions or concerns, please call our office and we will be happy to assist you.

I have read and understand these instructions.

Print Patient's Name

Patient's Signature

Date

Top 10 Post Op Dos and Don'ts

DOs

1. DO change the gauze every 30-45 minutes until bleeding slows.
2. DO eat soft, mushy food for 7-14 days after surgery, foods you can swallow without chewing, (i.e., soup, noodles, mashed potatoes, meal replacement shakes, pudding, yogurt, scrambled eggs, soft meats, mac n cheese).
3. DO brush and floss areas NOT treated
4. DO expect your mouth to be numb 6-12 hours after surgery.
5. DO expect discomfort and swelling to peak on the 2nd and 3rd days.
6. DO take all medications as prescribed and until gone
7. DO use ice pack for first 48 hours.
8. DO expect oozing for several hours following procedure.
9. DO eat BEFORE taking any pain control medications, especially prescribed pain medications. Antibiotics can upset the stomach, be sure to eat prior to those medications as well.
10. DO call the doctor should you have any concerns or questions.

DON'Ts

1. DON'T use the gauze for more than a few hours, DON'T sleep, eat, or drink with gauze.
2. DON'T smoke, dip, or vape for as long as possible. Tobacco can greatly affect the outcome and healing process for ALL dental procedures.
3. DON'T exercise hard for full 5 days.
4. DON'T eat any foods that require chewing
5. DON'T remove or pull on any protective dressing, should any dressing come loose or fall out, do not try to replace. If dressing falls out within first 48 hours, call our office
6. DON'T eat right after surgery, wait until numbness wears off, you could bite lip, cheek, or tongue while numb.
7. DON'T skip your post op appointment
8. DON'T consume alcohol while on medications
9. DON'T use a straw for eating or drinking if instructed
10. DON'T feel bad about calling the doctor!!!!

Additional Notes
