

## ORAL SURGERY PRE-OP INSTRUCTIONS

YOUR SURGERY IS SCHEDULED FOR: \_\_\_\_\_ --

### **PRIOR TO THE DAY OF SURGERY**

- Please notify our office for appropriate instructions if you develop an infection, cold, flu, fever blisters, or sore throat. Inform us as soon as possible in case we need to postpone your surgery.
  
- DO NOT TAKE ASPIRIN, medication containing aspirin, or aspirin-related products (Motrin, Indocin, Nuprin) for 2 weeks before surgery. Tylenol is OK.
  
- DO NOT attempt to lose weight before surgery. Eat a balanced diet as nutrition is important in healing.
  
- We recommend that you take a daily MULTI-VITAMIN (such as One-a-Day with Iron or Theragram) which contains IRON and ZINC for 2 weeks before surgery.
  
- Please pick-up your prescription medications before surgery.

### **GENERAL ANESTHESIA OR IV SEDATION**

- DO NOT HAVE ANYTHING TO EAT OR DRINK (including water) after midnight the night before surgery. You may take necessary medication (high blood pressure, heart, or thyroid pills, etc.) with small sips of water. NO ALCOHOL THE DAY BEFORE OR AFTER SURGERY.

### **THE DAY OF SURGERY**

- Please arrive at least 15 MINUTES BEFORE your surgery time so that we may begin on time. Do not wear jewelry or watches. DO'T FORGET TO BRUSH YOUR TEETH.
  
- Please wear loose, comfortable clothing with short sleeves,. Do not wear make-up, jewelry or watches to surgery. Remove contacts. Wear comfortable low-heel shoes.
  
- Arrange for someone to accompany you to our office and remain there until your surgery is over. We will need to review the post-op instructions with them as they will have to take care of you the first day. Someone should remain with you during the first 24 hours to assist you with suture care, ice application, and bathroom needs.

### **SPECIAL INSTRUCTIONS FOR MEDICATIONS**

TAKE: _____	STOP: _____
_____	_____
_____	_____

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_