

Pre-Surgical Instructions

NON-SEDATION PATIENTS

In order to make your surgery as pleasant as possible, please read and follow these instructions carefully:

- Please arrive 15 minutes prior to your scheduled surgery time. This will allow time to review the surgical consent form and answer any questions you may have about your appointment.
- Make certain you are well rested and eat a nutritious substantial meal prior to your appointment.
- Take the day of the procedure to rest and relax and avoid strenuous activities for 2-3 days following the procedure. Most patients are able to return to work the following day, but plan accordingly.
- Prepare several cold packs for use following surgery. This can be done by putting damp washcloths in small sip lock bags and placing in the freezer.
- Have an assortment of nutritious drinks and soft foods available to be consumed for a few days following your surgery.
- If you normally pre-medicate with antibiotics prior to dental procedures, please take the prescription given by your physician.
- Take all regularly prescribed medications as normal on the day of surgery with a sip of water, unless previously instructed otherwise. But please avoid drinking excess fluids the morning of the surgery.
- Please dress in comfortable loose fitting clothing. Avoid wearing long sleeves, tight fitting clothing, high heels or sandals.
- Avoid wearing nail polish or tips, make-up and perfume/cologne.
- Please relay the medications taken on the day of surgery, any changes to medications or medical history to our assistants.

SEDATION PATIENTS

In order to make your surgery as pleasant as possible, please read and follow these instructions carefully:

- Please arrive 15 minutes prior to your scheduled surgery time. This will allow time to review the surgical consent form and answer any questions you may have about your appointment.
- NO food or drink 6 hours prior to surgery.
- Take the day of the procedure to rest and relax and avoid strenuous activities for 2-3 days following the procedure. Most patients are able to return to work the following day, but plan accordingly.
- Prepare several cold packs for use following surgery. This can be done by putting damp washcloths in small sip lock bags and placing in the freezer.

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- Have an assortment of nutritious drinks and soft foods available to be consumed for a few days following your surgery.
- If you normally pre-medicate with antibiotics prior to dental procedures, please take the prescription given by your physician.
- Take all regularly prescribed medications as normal on the day of surgery with a sip of water, unless previously instructed otherwise. But please avoid drinking excess fluids the morning of the surgery.
- Take the Triazolam that was given to you at your Sedation Consult as instructed (either 30 minutes or 1 hour prior to procedure).
- Have the prescriptions that were given to you on the day of your Sedation Consult filled prior to surgery and take as instructed.
- Please dress in comfortable loose fitting clothing. Avoid wearing long sleeves, tight fitting clothing, high heels or sandals.
- Avoid wearing nail polish or tips, make-up and perfume/cologne.
- Please relay the medications taken on the day of surgery, any changes to medications or medical history to our assistants.
- It is MANDATORY that you have a ride to and from the surgery and have arrangements made for a trusted individual to stay with you for at least 6 hours after surgery.