



Pre-Operative Instructions for Surgery

You will be receiving intravenous anesthesia (IV Sedation) for your upcoming oral surgery and must follow the following instructions:

1. If you were given prescriptions at your evaluation visit, please have them filled prior to the surgery date (within 21 days from your evaluation). Due to new laws, your pain prescription can no longer be called in and will have to be picked up on the day of the surgery if not filled in time.
2. If you are not allergic to Ibuprofen, you may take Ibuprofen (generic or brand name such as Advil/Motrin or Alleve) in addition to your prescribed pain medication to help with swelling and discomfort. Please ask your physician for proper instruction if you feel the need to supplement between prescription doses.
3. You **MUST** have an empty stomach prior to surgery. Do not have anything to eat after midnight before your appointment. You may have 6 (six) ounces of clear fluids up to 6 hours prior to surgery. Example: If your surgery is at 8:00 am, do not drink anything after 2:00 am.
4. If you take daily medications, please ask the prescribing physician for specific instructions regarding taking these medications around the time of surgery.
5. Arrange for a responsible adult to accompany you at the time of surgery. We **REQUIRE** that your escort remain in our office waiting room for the duration of the procedure, receive and follow post-operative instructions and drive you home following the procedure. It is best for this person to be the one to care for you following your procedure as they will be the one given the post-operative instructions. It is against our office policy to send a patient home in a cab or by any means of public transportation after being sedated. If you are unable to be accompanied, your procedure will need to be rescheduled.
6. Please make arrangements for child care to leave small children at home.
7. Remove your contact lenses (except for Permalens) before your appointment.
8. Remove fingernail polish.
9. Wear short sleeves and loose, comfortable clothing.
10. Wear a close-toed shoe. **NO FLIP FLOPS** or backless shoes.
11. As a courtesy to other patients and your physicians, please turn off your cell phone before entering the clinical area including recovery.
12. **NO CELL PHONES, PICTURES OR VIDEO IN THE CLINICAL AREAS INCLUDING RECOVERY**
13. After your surgery, your diet will consist primarily of cold and soft foods. Please have those food types on hand at home prior to your surgery date.