



To make your surgery more comfortable:

➤ Medications:

- Some dental procedures require an antibiotic pre-medication. When we call you to confirm your appointment, we will review instructions for your prescription medications.
- If you are currently on any **Bisphosphonate medication** or **blood thinner medication**, you will need to stop taking it prior to your surgery. Please contact our office for exact instructions.
- If you have elected to have an oral sedative when you arrive in our office for surgery, you must bring a responsible person who can drive you home. He/she does not have to wait in the office during the entire appointment, but must be available when you are finished. Do not plan to drive a car away from the office.

➤ Do not take the following for at least **ten (10) days** prior to surgery, as they can thin your blood:

- any supplements of **Vitamin E, ginkgo, ginseng, garlic, ginger, or drink green tea.**
- any products containing **aspirin or ibuprofen.** If your physician has recommended that you take aspirin 325mg daily, please consult him/her about stopping before surgery.
- You may take plain Tylenol if you need a pain reliever for any reason.

➤ Health concerns:

- If you are diabetic and take your blood sugar daily or weekly, please bring your glucometer with you so we may take your blood sugar if necessary.
- If you have been diagnosed with sleep apnea, please inform us.
- If you use an inhaler, please bring it with you to your surgical appointment.
- If you become ill with a fever (101 or higher), please notify our office to find out if it is desirable to postpone your appointment.
- Do not take Cannabis – edible form – for at least **three (3) days** prior to surgery.
- Do not take Cannabis – smoke form – for at least **one (1) day** prior to surgery.

➤ IV sedation:

- During the week before your appointment, drink plenty of water to stay hydrated.
- Do not eat or drink at least **six (6) hours** before your appointment. Your normal prescription medications may be taken with a small glass of water.
- Come to the office with a responsible person who can drive you home. He/she does not have to wait in the office during the entire appointment, but must be available when you are finished. Do not plan to drive a car for the rest of the day.
- Wear loose clothing with sleeves that can be pulled up past the elbow.
- Do not wear contact lenses to this appointment.
- In order for monitor equipment to work correctly, dark nail polish should be removed from at least one fingernail on the right hand prior to surgery.

➤ Please use the bathroom **before** a surgical assistant calls you back for your appointment.

➤ If you need a Doctor's excuse note for work or school, let us know when you are checking in, please.



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➤ **Food & drink:**

- Absolutely no popcorn or gum!
- On the day of surgery, drink iced beverages from a glass. No straws or sport top bottles for 1 week because the negative pressure could cause bleeding. Eat cold & soft foods such as egg salad, tuna salad, cold pasta, ice cream, or Italian ice.
- The day following surgery, you may begin hot food and beverages.
- All food must be fork friendly. If you need a knife to cut it, you can't have it.
- All food must be quiet. If you can hear it when you chew, you can't have it.