

SURGICAL INSTRUCTIONS

HERE'S WHAT YOU NEED TO KNOW.



BEFORE GENERAL ANESTHESIA

Prior to your dental surgery you will have the opportunity to address any concerns you might have during your pre-op appointment. We encourage you to ask questions and make us aware of any fears you might have. Our main goal is to create a secure, comfortable environment for our patients on the day of surgery so the more you communicate with us, the easier we can accommodate your needs. The following guidelines are meant to serve as reminders in helping you prepare for your dental surgery. If you have any questions, feel free to contact our practice.

Leading Up to the Day of Surgery

Fasting must begin at midnight the night before surgery for patients with a morning appointment. If you have an afternoon appointment, do not eat anything 8 hours prior to your scheduled dental surgery. While fasting, the patient may only drink clear fluids (Ex: water, apple juice, black coffee, and sports drinks). Beverages that are not allowed to be consumed are alcohol, orange juice, milk, creamer, and other opaque drinks. **Patients should avoid drinking all fluids within 6 hours of their surgery.** If you are unsure about what can and cannot be consumed, please ask during your pre-op appointment. Patients may continue taking the following medications with a small sip of water prior to surgery:

- Cardiac medications
- Pulmonary medications
- Steroids
- Anti-seizure medications
- Anti-Parkinson's medications

Medications that patients are prohibited from taking are MAO inhibitors, anti-depressants, aspirins, anti-coagulants, and anti-inflammatory drugs. We request that patients stop taking these medications at least two days prior to surgery because they can create complications during dental surgery. Patients are not to consume alcoholic beverages or use tobacco products within 24 hours of their appointment and are asked to refrain from drinking or smoking for 24 hours after their surgery.

Day of Surgery

If you are a minor, you must have a parent or guardian present for the extent of your surgery. All patients are required to have a licensed driver take them home after their appointment, and we prefer that you are accompanied by someone for at least 12 hours after your surgery.

Brush your teeth as usual, but be sure not to swallow any water or toothpaste. Do not wear any make up or nail polish.

If you regularly wear contact lenses, please remove them prior to surgery. Jewelry and dentures will also need to be removed before surgery.

We prefer that you wear loose, comfortable clothing and flat soled shoes. Shirts that have $\frac{3}{4}$ sleeve or shorter are ideal.

After surgery, you will not be fully aware, therefore cannot return to work or school, and cannot drive or operate other hazardous devices. Also, please make sure that you have assistance when climbing stairs or attempting other difficult tasks.

If you have any change in health the morning of you appointment, please contact the practice immediately. A cold or fever with chest and sinus congestion may dangerously affect surgery so it is imperative that our practice is made aware of the situation. If it is necessary to reschedule your appointment, we will notify you.

