

Pre – Operative Instructions

****DO NOT eat or drink for at least 8 hours prior to your surgery.**

- Please wear loose-fitting clothing and closed toe shoes -- No dresses and no flip-flops please.
- Refrain from wearing dark nail polish as it may interfere with our monitoring.
- Please bring someone, over 18 years of age, with you to drive you home after your surgery.
- He/she must stay in the office during the procedure. Someone must also stay with you at home for several hours after your surgery.
- Young patients under 18 years of age **MUST** be accompanied by a parent or legal guardian.
- Please leave your valuables and jewelry at home. Dentures must be removed before surgery.
- Please get your after-surgery prescriptions filled in advance.
- Cell phones are not allowed in operatory or recovery area.

Instructions for Patients taking Prescription Medications:

Diabetes Medication: DO NOT take your oral medication or insulin prior to your surgery. Do take your blood sugar reading prior to your appointment and bring that number with you. You may resume your medication/insulin after your procedure, once you have had something to eat. Please bring your testing kit and medication/insulin with you.

All Routine Prescription Medication (i.e. medication for blood pressure, heart, etc.) must be taken at their normal times as prescribed by your physician. If you take these medications in the morning, please take them with small sips of water. Please bring your medications with you.

Post – Operative Instructions

- Patients who have received general anesthesia should return home from the office immediately upon discharge. Please sit with head elevated until all the effects of anesthetics have disappeared. A responsible adult should be available to assist you.
- We advise you not to be left unattended for the remainder of the day, as possible side effects could occur at any time.
- You should have something to eat as soon as you arrive home and before taking any medications. Diet: Soft food (e.g. mashed potatoes, pastas, soups). After eating, you should take your pain medications as prescribed.
- You will be sent home with extra gauze. Gauze should be changed every hour or as it becomes saturated. Stop using the gauze when the site looks stable or when going to bed at night.
- You should refrain from using straws, smoking, spitting or doing any vigorous rinsing for the first 24 hours.
- The day following the procedure you may begin with salt water rinses (1 ½ tsp. salt with 1 cup warm water) and start brushing. Please remember to be gentle around the surgical sites.
- You will be given a post –op package the day of surgery. We also will go over all the above instructions with your escort. If at any time after your procedure you have any questions or concerns please do not hesitate to give us a call at **817-466-8080**. You can reach the doctor through our answering service at any time.