



Pre-Operative Instructions

TRAVEL PLANS AFTER YOUR SURGERY

It is best to schedule your surgery when you have no travel plans for up to 3 weeks after surgery. If post-operative complications occur, this could necessitate you to cancel your plans or require that you see another oral and maxillofacial surgeon for continued care in another community. If you have any questions, please discuss this with your surgeon, as every patient's case has its unique circumstances.

IMPORTANT INSTRUCTIONS REGARDING YOUR ANESTHESIA

There are several types of anesthesia available to provide control of pain and anxiety during your surgery. Each choice requires different preparation on your part. For your safety, it is important that you read and follow the instructions carefully. If you are unclear about anything, please ask your doctor.

For all surgery, please wear comfortable, loose-fitting clothing. Tops/shirts should have sleeves that are easily drawn up above the elbow. When possible, colored nail polish should be removed before surgery. Also remove earrings, necklaces, and wristwatches.

LOCAL ANESTHESIA

1. You may have a light meal a few hours prior to surgery, although we suggest nothing to eat or drink for 8 hours prior to surgery. By doing so, if local anesthesia is not sufficient for your pain control, your procedure can still be completed that day with IV anesthesia.
2. For more extensive procedures, you may wish to have someone drive you home.
3. Plan to rest for a few hours after surgery. Unless the extraction is routine, it may be best to not return to work that day.

ORAL PREMEDICATION

1. Take the medication at the time directed before your surgery.
2. Follow instructions for any additional anesthesia chosen.

NITROUS OXIDE

1. You may have a light meal (low in fat) 4 hours prior to surgery. However, we would suggest following instructions for IV/general anesthesia in case general anesthesia is necessary.
2. You must have a responsible person to drive you home after surgery.
3. Plan to rest for the remainder of the day.

IV ANESTHESIA OR GENERAL ANESTHESIA

1. Nothing to eat and no alcoholic or carbonated beverages for 8 hours prior to surgery. Your last meal should be low in fat. However, you may have clear liquids until 4 hours before surgery. Clear liquids include water, popsicles, juice without pulp (apple, grape, or cranberry juice), Kool-Aid®, tea, or coffee without creamer or other dairy products. You may take any regular medications (blood pressure, antibiotics, heart, thyroid, breathing medication), or any premedications prescribed by your doctor using only a small sip of water.
2. You must have a responsible person to drive you home after surgery and to stay with you until the following morning after surgery.
3. Plan to rest for the remainder of the day. Do not operate power tools, machinery, etc., for 24 hours after surgery.



Pre-Operative Instructions (Cont.)

OTHER SPECIAL INSTRUCTIONS

- Insulin-dependent diabetics should receive special instructions from their oral surgeon. Please bring your Accu-chek® machine and insulin kit with you to the office on the day of surgery. Bring a light snack for the recovery room, if desired.
- Patients with asthma should bring their inhalers with them on the day of surgery.
- Cardiac patients who have nitroglycerine should bring it with them on the day of surgery.
- Our goal is to provide you with safe, pleasant, and effective anesthesia. To do this, it is imperative that we have your full cooperation. Please feel free to call us with any questions concerning your surgery or anesthesia.