

PRE-OPERATIVE INSTRUCTIONS

- ! 1. YOU ARE TO BE ACCOMPANIED BY A RESPONSIBLE ADULT WHO CAN REMAIN IN THE WAITING ROOM UNTIL YOU ARE READY TO LEAVE THE OFFICE. WE ALSO REQUIRE THAT A RESPONSIBLE ADULT REMAIN WITH YOU AND ASSIST YOU THROUGHOUT THE DAY AFTER YOUR SURGERY AS DIZZINESS AND FORGETFULNESS MAY OCCUR.

Anticipated length of surgery: _____.

- ! 2. If you are going to have general anesthesia in the morning, do not have anything to eat or drink (including water or coffee) after midnight. If you are going to have general anesthesia in the afternoon, do not have anything to eat or drink (including water or coffee) for 8 hours prior to surgery. Prescribed medications may be taken with a small sip of water 1 hour prior to your appointment as directed by our office.

3. Personal preparation:

- a. Bathe prior to surgery with particular attention to the head, face, and neck areas.
- b. Brush your teeth and use Peridex or a mouthwash prior to your appointment.
- c. Be clean shaven or trim and cleanse your beard and or moustache if applicable.
- d. Please, no facial makeup, no earrings, and no tongue or nose rings.
- e. Please wear shoes and clean clothes.
- f. No leggings, long stockings or pantyhose (sometimes we have to attach a heart monitor to the leg).
- g. Remove contact lenses.
- h. Wear loose short sleeved clothing for easy access to the upper arms. Please NO sweatshirts.
- i. Remove nail polish from left index finger, as we use a special oxygen monitor during surgery.

4. Avoid any Aspirin or Aspirin-like products such as Ibuprofen (same as Motrin and Advil), and Aleve for at least 5 days prior to surgery. Tylenol (acetaminophen) is ok.

5. If you need to reschedule your surgery, please contact our office at least 48 hours prior to your appointment. Also please let us know if you develop a cough, cold, or moderate nasal and/or chest congestion prior to your surgery.

6. Medications: Take as follows (if not listed below, follow instructions on the pharmacy label):

- a. Antibiotics (Amoxicillin / Clindamycin / Doxycycline / Augmentin / Cephalexin): ___ tablet every ___ hours until gone.
 - start antibiotic with ___ tablet(s) one hour prior to surgery with a small sip of water.
 - start antibiotic 3 days prior to surgery.
 - start antibiotic now.
- b. Oral rinse (for example Peridex or Biotene): 1 capful rinse for 30 seconds then expectorate 3 times per day.
 - start 30 minutes prior to surgery / start now / start 3 days prior to surgery
 - start brushing the gumline of teeth to be removed 3 times per day.
 - continue 3 times per day starting 1 day after your surgery for 7 days or until directed by your doctor.
- c. Pain medications: If you do not have stomach problems and are not allergic to or restricted from using non-steroidal anti-inflammatory pain medications (NSAIDs), try Ibuprofen (Motrin and Advil) 400/600/800 mg or Aleve every 8 hours with food. If necessary for additional pain relief, take the prescribed medication (Norco / Percocet/ Tylenol 3): _____ tablet every _____ hours and try to stagger these doses in between doses of the NSAID pain medication if being taken.
- d. Medrol Dose Pack: Use as directed on the package label starting the day after surgery.

7. Special Instructions: _____