

Pre-Surgical Instructions

Wear comfortable clothes. Bring headphones and an iPod/walkman if you like. Ladies, realize we will scrub the area around your mouth with a surgical scrub and your make-up will be removed, so **do not wear make-up.** Do not wear large hair accessories. You will be fit to drive home if you have not been prescribed an anti-anxiety sleeping medication, but you may like to have someone drive you to the office on the day of your surgery. Make sure to wear stable shoes so you can walk out without tripping.

Please eat a small normal meal (breakfast or lunch) prior to your surgery. We recommend softer, nutritious foods for the first week after surgery (instant breakfast, yogurt, applesauce, cottage cheese, pastas, meat loaf, stews and hearty soups for example) and that you avoid hard or crunchy foods.

If you are taking Halcion (sleeping tablet) prior to surgery for anxiety, you will be given two tablets: one to take the night before to help you sleep well (but you do not need to take this if you feel relaxed the night before surgery), and one to take 60 minutes prior to the start of your surgery. You need to arrive 30 minutes prior to the start of your surgery for us to evaluate your level of sedation after having taken it one hour prior to surgery. If you are not sedated enough, we will give you a second tablet at that time, 30 minutes prior to the start of your surgery. **Your driver will be required to review and sign your Informed Consent form for you prior to surgery since you will be ‘under the influence’ and unable to sign any documents for yourself. This means they will need to be present for at least 40 minutes after you arrive before they can leave. Please realize that this medication has an amnestic effect, meaning you may not remember much from your surgery, or several hours afterwards. That is why we have your driver there to hear instructions to help you remember what you need to do. Someone should stay with you after surgery to prevent you from mistakenly performing activities you should not be participating in. Please also realize you may instead be sleeping most of the afternoon after your appointment when taking this medication.**

You may experience some swelling and bruising on the outside of your face. That is an unpleasant but possible side effect from the surgery. **Swelling in particular can last for up to 3 weeks** depending on your bodies healing potential. Please have **ibuprofen (or Advil)** ready at home to take to reduce the amount of swelling. We also recommend that you use **ice packs** for the first two to three days (which we will review with you). Frozen peas also work well for a cold compress. For some oral surgeries, we may also prescribe additional medications to reduce this risk.

We recommend that you **do not work the day of surgery** in order to get extra rest and recover. On the second day, you can generally resume normal activities, but avoid exercise and heavy lifting for at least two days. You should **plan not to travel out of town for the first week** or two, depending on when stitches are to be removed.

No Smoking: Smoking is probably one of the greatest causes of failure of any surgical procedure, particularly in the mouth. We recommend that you quit smoking altogether. However, at the very least, consider the use of a nicotine patch for a week prior to surgery, and a week after surgery, or significantly reducing your smoking as much as possible.

We will need to see you one to two week(s) after the surgery to confirm normal healing, remove any remaining stitches, and to explain to you how to care for your mouth.

We will review all post-surgical directions with you in detail prior to your surgery, and you will be given the telephone numbers to reach us at the office or Dr. Nicoara herself after hours.

Contact Us

If you have any questions about your surgery, please don't hesitate to email us, or call us during normal business hours at:

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