

## Pre-Surgical Instructions

**Wear comfortable clothes and stable shoes** so you can walk out without tripping. Bring **headphones** and a music player 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 or jewelry or wear large hair accessories**. You will be fit to drive home if you have not been prescribed an anti-anxiety medication, but you may like to have someone drive you to the office on the day of your surgery.

**Parents:** You will not be allowed to stay in the treatment room with your child. This is because parent fears and worries can transfer to patients and make the patient fears worse! Also, our treatment rooms are pretty small....

### **Medications and Prescriptions:**

We generally will provide you with a 600mg tablet of Advil (Ibuprofen) at the start of your surgery, as well as your first dose of your antibiotic if applicable. **If you need liquid forms of these medications, you will need to inform us** so that we can call in these prescriptions to your pharmacy to have ready for you to pick up prior to surgery for you to take at home just before coming to your surgical appointment.

**We can no longer call in pain prescriptions** based on new laws. You can either take prescriptions at the end of surgery, or come in a day or two before your surgery to pick those up in advance. Let us know what you prefer.

### **For Oral or IV sedation: CALL TO ORGANIZE THIS WITH US A WEEK BEFORE YOUR SURGERY.**

**Your will need a driver, and your driver will be required to review and sign your Informed Consent form for you prior to surgery since you will be legally under the influence and unable to sign any documents for yourself. This means your driver will need to be present for at least 15 minutes after you arrive before they can leave.** Please realize that **the sedation medications have 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. **Ideally the driver should stay with you after surgery for about 4 hours to prevent you from mistakenly performing activities you should not be participating in.** Please also realize **you may be sleeping most of the afternoon** after your appointment when taking the sedative medications.

**If you are taking Oral sedatives prior to surgery for anxiety,** you will usually be given **three tablets:** one to take the night before to help the next tablets work better (you should take this even if you are not anxious) and **one to take 60 minutes prior to the start of your surgery on an empty stomach unless diabetic.** You need to arrive 10 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. **Bring the last tablet with you to the appointment:** If you are not sedated enough, we will crush it and administer for faster effect.

**If you will have IV sedation,** do not eat or drink 8 hours prior to your appointment, or the appointment will be cancelled and you will pay a \$300/hr fee. Wear a **short sleeve shirt.** **No contact lenses.** **Have dry hair.**

**You can eat a light low-fat breakfast prior to your surgery, especially if diabetic (unless otherwise instructed).** Please read the 'Patient Instructions After Surgery' handout for what to eat following surgery.

**You may experience some swelling and bruising on the outside of your face.** Swelling in particular will **reach its maximum in 3 days, and can last for up to 3 weeks** depending on your body's healing potential. Please read the 'Patient Instructions After Surgery' handout for information on how to manage pain and swelling.

We recommend that you **rest and reduce stress to improve healing.** **Do not work the day of surgery.** On the second day, you can generally resume normal activities, but avoid heavy 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. **Enjoy anything relaxing:** gentle walking, music, meditation, prayer, etc to improve healing.

**No Smoking:** Smoking is 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 may 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. Post-surgical instructions will be reviewed in detail prior to surgery, and you will be given Dr. Nicoara's contact information to reach her after hours.

## Contact Us

If you have any questions about your surgery, please don't hesitate to email us, or call us.