

GENERAL INSTRUCTIONS FOR PRE-OPERATIVE CARE

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Please be sure to eat and be hydrated prior to your appointment. Avoid alcohol for 48 hours prior to your appointment if possible, for best healing results.

Stock up your fridge with healthy soft foods that you can eat after surgery. This includes steamed vegetables, cottage cheese, yogurt, soup, lentils, etc.

Take all of your regular medications unless specifically advised by your doctor or dentist to discontinue before surgery. You may also wish to take a pre-op dose of ibuprofen or Tylenol to help with pain control.

Buy over-the-counter ibuprofen and/or Tylenol to have ready after your surgery as well as ice packs to help control pain and swelling.

If you were given an antibiotic, anti-inflammatory (e.g. Medrol or SinEcch) or anxiolytic medication to take, please take it as directed. Antibiotics are to be taken 1 hour prior to the appointment, anti-inflammatory medication is meant to be taken the morning of the procedure and anxiolytic medications should be taken once the night before and once an hour before the procedure (be sure you have some accompany/drive you if taking anxiolytic medication).

Get a good night's rest prior to surgery.

Wear comfortable, loose fitting clothing. Women should avoid wearing make-up and men should trim excessively long facial hair.

If you are a smoker, do NOT smoke for at least 1 week prior to surgery for best healing results.