

Pre-Operative Instructions

Please read through the following Pre-Operative Instructions for your upcoming surgical procedure. This information is important to ensure that your procedure is as simple, efficient, and comfortable as possible. If you do not follow these instructions you will still be responsible for your scheduled appointment time, even if the doctor must reschedule your treatment because you have failed to follow these instructions.

1. Please notify one of our office staff if you are taking any blood thinners such as: Coumadin/Warfarin, Plavix, Aspirin, Vitamin E supplements or Fish Oil supplements. Ideally Aspirin, Vitamin E or Fish Oil supplements should be avoided for a week prior to the procedure. If these have been prescribed by your physician, please notify us so a medical consult can be sent to your prescriber's office.
2. Men and Women should wash their face with soap and water before their surgical visits. Men should arrive clean shaven. For those with full beards and are unwilling to remove their facial hair, beards should be neatly manicured and without flakes which could contaminate the surgical area. Women should ideally not be wearing lipstick or other facial makeup. Please remove this prior to checking in for your surgical visit.
3. If you have elected to have a sedation (oral or IV) completed, please reference the attached sedation instructions. It is especially important to remember that you cannot eat or drink anything other than water for 10 hours before your surgical visit. Sedation medications are absorbed in the digestive tract and food and other liquids can affect absorption and the sedating effects of these medications.
4. Patient should avoid caffeinated beverages and "heavy" foods prior to their surgical visit. Caffeine will tend to dehydrate our patients and may cause unnecessary delays during surgery due to bathroom visits. Heavy foods, such as fried or fatty foods may affect the absorption of medications after the procedure.
5. If your surgery is for a tissue grafting procedure, please make sure you have had an impression for a palatal stent and made your deposit for the stent.
6. Please make our office aware of any allergies to medications that you have.
7. Please take your prescription forms with you, or these can be called in before your visit. They should be picked up before your surgical visit when possible.
8. Please plan on paying your copay on the day of your surgery as our office policy is to have payment made before or at the time of service. Please turn off all cell phones once you enter the surgical operatory.
9. Following all bone graft procedures, you will need to postpone all blood donations for at least 6 months.
10. Please avoid alcohol consumption for 3 days prior to your dental surgery as you may develop one of the following side effects:
 - a. Increased pain/swelling and inflammation after surgery.
 - b. Difficulty with getting sufficiently numbed.
 - c. Speed of anesthetic metabolism is higher. Anesthetic wears off faster.