



### **PRE-SURGICAL INSTRUCTIONS**

The following instructions should be followed to the best of your ability to assure a rapid and comfortable healing period after surgery.

#### **Prior to your surgery appointment:**

- Be sure to get plenty of rest prior to your surgery.
- Alcoholic beverages should not be consumed for 24 hours prior to sedation. It is required that you **DO NOT EAT OR DRINK FOR 8 HOURS PRIOR TO YOUR SURGERY**, this includes water and coffee.
- Hydrate well the day before your surgery.
- Please remember to brush your teeth the morning of your surgery to ensure a healthy oral environment.
- Contact lenses must be removed prior to surgery. Please bring an appropriate container if worn to the office. Patient will be responsible for contact lenses.
- Do not wear excessive makeup the day of sedation appointment.
- **DO NOT WEAR NAIL POLISH AND/OR ACRYLIC NAILS**, as this affects the safety of your surgery
- Wear a **short sleeve or a loose-fitting shirt** that can be rolled past the elbow, and low-heeled shoes.
- If you use an **inhaler** for **asthma**, bring it with you to your surgery appointment.
- If you usually take medication for your **blood pressure** in the mornings, please take these medications with a **small sip** of water, no less than one hour prior to your surgery appointment.
- If you are **diabetic**, we may ask you to alter your insulin or sugar medication the morning of surgery. **Please bring your glucometer with you the day of surgery.**
- If you take **Aspirin or blood thinner** medication- please notify the doctor.
- Do not smoke for at least 48 hours prior to your surgery.

#### **Patient responsibilities:**

- You must have a responsible adult accompany you if you undergo general anesthesia or sedation. Your escort **MUST STAY** in the parking lot/reception area during the surgery. We will not begin surgery without a responsible party present.
- Do not drive a vehicle, operate hazardous machinery, or utilize any appliances which will require normal hand and eye coordination, as it may be impaired for 24 hours.
- Patients under the age of 18 **must** be accompanied to the office by a parent or guardian.
- If you have an illness such as a cold, sore throat, stomach, or bowel upset, please notify the office prior to your appointment time.

**Brian R. Cherry, DMD Board Certified Oral and Maxillofacial Surgeon**