

Pre-Operative Instructions

- **Take all of your medications** as prescribed by your medical doctor (unless instructed differently). This includes pre-med antibiotics 1 hour prior to dental procedures.
- **Prescriptions** will be sent to your pharmacy either prior to or the day of surgery. If they were sent prior to your surgery, please follow instructions specifically given to you
- **Do not skip meals** and ensure you have had something to eat prior to your surgery, unless specifically told otherwise or you are undergoing oral sedation. If you are undergoing **oral sedation**, please disregard these instructions and follow specific instructions relating to oral sedation.
- Ensure you have a **good night's sleep** the night prior to your procedure
- If you are **diabetic**, ensure your blood glucose levels are not too low or too high prior to your surgery. If you have a blood glucose monitor at home, test your glucose level within an hour of your appointment and please share the results with us when you arrive. You may bring your blood glucose monitor with you to your appointment.
- If there have been any major **changes to your medical history** (changes in medications, A1c levels, ER visits, surgeries, new diagnosis, illness, malaise, cough, trouble breathing), please call us and let us know about it as soon as possible in case we need to re-schedule your appointment.
- If you take **blood thinners** (Plavix, Aspirin, Coumadin), please follow specific instructions given to you during your consultation. Do not stop taking them unless instructed by your medical doctor. If you are prescribed **Warfarin (Coumadin)** please ensure you obtain an INR the day of, or the day prior to, your surgery and be prepared to share your INR with us when you arrive.
- If you are prescribed an inhaler, please bring it with you to your appointment.
- If you are undergoing a procedure where **high levels of swelling** are expected, please consider purchasing and taking **Arnica Montana**. This natural plant-derived product helps decrease swelling, pain, and bruising. It is most effective when initial dose is taken two days prior to your procedure and continued use 1-2 weeks after the procedure.
- Please **refrain from smoking** or use of any tobacco products (cigars, chewing, vaping, hookah, etc) ideally two weeks prior to your procedure and 3 weeks after.
- Please wear **comfortable clothing**. We will need to access your arms to take your blood pressure. We recommend closed-toe shoes and loose clothing. Dental offices typically run cold.
- Most oral surgical procedures involve instructions to adhere to a **soft food diet** for a period of two weeks, sometimes more. Plan ahead!