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## **PRE-OPERATIVE INSTRUCTIONS**

*The following instructions will be helpful when preparing for your upcoming surgery. If you have any questions, please call our office at 520-577-3935.*

### **Prior to Surgery:**

On the day of surgery, eat a healthy breakfast or lunch before your appointment. If you will be taking medication for oral sedation, avoid caffeine the day of and the day prior to your surgery. If you take an antibiotic premedication, please take it as directed prior to treatment.

### **Driving:**

If you take medication for oral sedation, you will need an escort to drive you to your surgical appointment. Your escort should accompany you into our office. Refrain from driving for the remainder of that day.

### **Medications:**

If you are taking a prescription blood thinner or any aspirin product, including Aspirin 325mg, ibuprofen, or naproxen, please consult your prescribing physician to determine specific modifications or discontinuation. Five days prior to surgery stop the use of blood thinning foods and supplements such as fish oil, garlic, ginger, ginkgo, green tea, St. Johns wort, turmeric, or vitamin E. Take all other prescribed medications as usual.

### **Procedure Prescriptions:**

Please have your pre/post-operative prescriptions filled prior to your appointment. If an antibiotic was prescribed, start taking it as directed the day before your surgical appointment. For women taking birth control pills, be advised that antibiotics may interfere with their effectiveness. Please have over-the-counter Advil/Motrin (ibuprofen), Aleve (naproxen) or Tylenol Extra Strength (acetaminophen) available to take up to several days after treatment. We recommend you take probiotics or acidophilus while taking the antibiotic to help keep your digestive system balanced.

### **Suggestions:**

You will want to have cold, soft, high in protein foods available at home for after your surgery, such as yogurt, soup, eggs, fish, protein smoothies, etc. Avoid hard (nuts/seeds), crunchy (chips), sticky (gum), chewy (caramels) or spicy foods. Please have regular caffeinated black tea bags available to help with palatal or extraction clotting if needed, and have arnica gel for external use to reduce swelling or bruising. Arnica gel can be found at any health food store and most drug stores.