



BOTHELL
ORAL, MAXILLOFACIAL
& IMPLANT SURGERY

18807 Beardslee Blvd.
Suite 102
Bothell, WA 98011
(425) 489-8274

PRE-OPERATIVE INSTRUCTIONS

IF YOU CHOOSE TO BE ASLEEP: YOU MUST BRING AN ESCORT to bring you home and stay in the office for the duration of your surgery. A responsible adult should be available to watch and help you for six hours.

It is necessary to have an empty stomach for anesthesia safety. **Do not eat or drink anything for six hours prior to your surgery except a small amount of apple juice or water to swallow your pills (about 1/2 of a Dixie cup).**

*** IF YOU HAVE AN AFTERNOON APPOINTMENT

You may eat breakfast 6 hours before at: _____

You may drink clear liquids up until 3 hours before at : _____
(Clear liquids are: Water, Apple Juice, Clear Sport Drinks, Black Coffee, Tea, NO CARBONATED SOFT DRINKS, NO MILK PLEASE)

Your eyes may become dry during general anesthesia. **Please remove your contact lenses prior to surgery to prevent an eye injury.**

Wear comfortable loose clothing. For your safety, it will be necessary to use a number of monitors and short sleeves often help when placing the blood pressure cuff.

We recommend that you fill your prescriptions and go grocery shopping before your appointment. Also have some ice ready for application after your surgery.

Anti-inflammatory medication will help reduce pain and swelling after surgery. If you can take Aspirin, Ibuprofen, or Aleve® and do not have an allergy to these medications, kidney problems, or stomach ulcers, we recommend you take _____ ibuprofen or _____ Aleve (May use _____ tsp. of elixir for children) _____ hours before your surgery and every _____ hours for _____ days

If your surgeon has prescribed an antibiotic: _____, _____ mg. Please take _____ pill/s _____ hour(s) before your appointment. Continue to take the medication every _____ hours as prescribed until gone. **Please note that your antibiotic may reduce the effectiveness of "birth control pills!"**

If your surgeon has prescribed an antibacterial mouth rinse, we will give you the first rinse in the office before your surgery. Continue to rinse for 30 seconds and spit every 12 hours for one week. Do not eat or drink anything after using the mouth rinse for 2 hours.

Your Surgery Appointment Is: Date: _____ Time: _____

If your surgeon has prescribed or given you a pre-operative sedative medication, take _____ pills 1 ½ hours before your surgery with small sips of water.

If your surgeon has prescribed a narcotic pain medication: _____
DO NOT take this medication before surgery. Take this medication after surgery if needed for pain.

Call the Office Or your surgeon With Any Questions At: (425) 489-8274

INFORMATION YOU SHOULD KNOW ABOUT YOUR MEDICATIONS

You have been prescribed several medications. Please note that some of them have desirable effects as well as undesirable side effects! Many medications that you may be taking, as well as alcohol may adversely interact with anesthetic agents, pain medications, or antibiotics and cause serious harm to you or an unborn fetus. If you have a problem with alcohol or drug abuse, have used Cocaine within the last two weeks, and you did not discuss this with your surgeon, it is imperative that you bring this to his attention before your surgery. Be sure to bring a list of your medications. **If you have medications that you would normally take in the morning, please take them unless specifically directed not to. If you have any questions, please call the office prior to your surgery. If you are presently taking any other medications including birth control pills, be sure to tell your surgeon. If you suspect that you may be pregnant, please tell your surgeon before your surgery.**

Narcotic pain medication will often cause nausea, dizziness, constipation, sleepiness, stomach cramps, wakefulness, anxiety, hiccups, itching, and hives. Narcotics may be addictive if abused and should never be mixed with alcohol, or be taken when operating dangerous machinery or performing tasks that require judgment, balance, and attention to detail.

You may develop an allergy or become sensitive to an antibiotic. This may first appear as a rash, unusual itching, hives, or persistent diarrhea. If you develop any of these symptoms or signs, please call your surgeon immediately. **You will experience less nausea from your antibiotic (and narcotics) if you take your medication with solid food for all doses after surgery such as starches.**

Ibuprofen, Aleve, and other non-steroidal anti-inflammatory medications may cause dizziness, disorientation, nausea, itching, hives, and sleepiness. Kidney failure is a recognized complication from taking too much ibuprofen. If you experience any of these symptoms or are concerned in any way that you may be having an unusual reaction to this medication before or after surgery, please contact your surgeon immediately. **You will experience less nausea with Ibuprofen if you take your medication with food for all doses after surgery.**