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PRE-OPERATIVE INSTRUCTIONS

Your Surgery Appointment Is: Date: _____ Time: _____

IF YOU CHOOSE TO BE ASLEEP: YOU MUST BRING AN ESCORT (18 years old or older) 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 after surgery.

Diet:

If you are planning to be asleep for your surgery, it is necessary to have an empty stomach for anesthesia safety. Do not eat or drink anything for six (6) hours prior to your surgery except a small amount of water (about 1/2 of a Dixie cup) to swallow your pills.

****Children under age 10 may drink clear liquids up until 3 hours before surgery.**

(Clear liquids are: Water, Apple Juice, Clear Sport Drinks, NO CARBONATED SOFT DRINKS, NO MILK PLEASE)

Day of Surgery:

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

If you will be awake for surgery, you may bring sunglasses to wear during your procedure.

Please do not wear makeup to your surgery appointment.

Wear comfortable loose clothing. If you will be asleep for surgery, wear a top with short sleeves. This will allow for easy placement of monitors and IV access.

Medications: Antibiotics

These medications will help reduce the risk of infection associated with surgery.

Your surgeon has prescribed for you the **antibiotic:** _____, _____mg.

Please take ____ tablet(s) ____ hour(s) before your appointment.

After your procedure, please continue to take the medication every ____ hours as prescribed until gone.

Taking antibiotics may decrease the effectiveness of your birth control medication for up to 2 weeks after stopping the antibiotics. If you suspect that you may be pregnant, please tell your surgeon before your surgery.

Your surgeon may have prescribed an **antibacterial mouth rinse (Peridex®)**.

If so, you will need to rinse for 30 seconds and spit, every 12 hours. Do not eat or drink anything after using the mouth rinse for 30 minutes.

Please start using your mouth rinse 2 days prior to surgery, and continue using it for 2 weeks after your surgery.

Pre-operative sedative medication

These medications will help calm you and make you more relaxed before your surgery.

Your surgeon has prescribed for you: _____, _____mg.

Please take _____ tablets 60 minutes before your surgery with small sips of water.

Once this medication has been taken, you may not drive or operate heavy machinery.

Anti-inflammatory medications

These medications will help reduce pain and swelling after surgery. If you can take Ibuprofen, or Aleve® and do not have an allergy to these medications, kidney problems, stomach ulcers, or are pregnant, your surgeon recommends the following:

After surgery, you may take:

_____ 200mg tablets of ibuprofen **OR** _____ 220mg tablets of Aleve (naproxen) every _____ hours as needed for pain *after your procedure.*

Do not take ibuprofen AND Aleve (naproxen) at the same time.

Opioid pain medication

These medications will help reduce pain **after** surgery.

Your surgeon has prescribed for you: _____, _____mg

If your pain is not adequately controlled with the use of the anti-inflammatory medication, you may take your opioid pain medication as follows:

Take _____ tablets every _____ hours as needed for pain after surgery only.

Once this medication has been taken, you may not drive or operate heavy machinery.

INFORMATION YOU SHOULD KNOW ABOUT YOUR MEDICATIONS

You have been prescribed several medications. Please note that some of them may have undesirable side effects! If you have any questions or concerns regarding your prescriptions or medications, please call the office prior to your surgery.

Many medications that you may be taking, as well as alcohol, may adversely interact with anesthetic agents, pain medications, or antibiotics. Please bring a list of your medications to your surgery appointment. *If you have medications that you normally take, please take them as you normally take & when you normally take them unless specifically directed not to.*

If you have a problem with alcohol or drug abuse, or 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.

Opioid 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 opioid pain medication) if you take your medication with solid food (such as starches) after surgery.**

Ibuprofen, Aleve, and other non-steroidal anti-inflammatory medications (NSAIDs) may cause dizziness, disorientation, nausea, itching, hives, and sleepiness. Kidney failure is a recognized complication from taking too much of an NSAID.

Call our Office or your Surgeon with *any questions* at 425-489-8274