



Pre-Op Instructions

INSTRUCTIONS FOR ALL PATIENTS

1. Wear comfortable, loose-fitting clothing to your appointment. If you wear something with long sleeves, make sure it fits you loosely enough that the sleeves can be rolled up.
2. Refrain from smoking for at least one day prior to surgery.
3. Clean your mouth and teeth well prior to surgery to help prevent infection.
4. Eat a light, easily digestible meal, consume no alcoholic beverages, and get a good night's sleep the night before surgery.

INSTRUCTIONS FOR PATIENTS HAVING A GENERAL ANESTHETIC

1. Do NOT eat or drink anything for at least 6 hours prior to your appointment. NO FOOD AND NO LIQUID. If you need to take regularly prescribed medication, you may use a very small amount of water to help you swallow your pill.
2. Arrange for a relative or friend to drive you home after surgery. Under no circumstances may you drive for 12 hours following surgery, or while taking prescription pain medication.