

# General Pre-Operative

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- For two weeks before surgery avoid aspirin, motrin, advil, aleve, or naprosyn as these medications will increase bleeding and bruising.
- Do not smoke, for one week after your surgery, or you will have a painful dry socket.
- Fill your prescriptions before surgery. Also purchase “Arnica”, a homeopathic medication, that relieves pain, swelling and bruising at Henry’s market.
- You need a driver to take you home if you are going to be sedated. Your driver should wait in our office during your surgery and be prepared to care for you at home until you recover completely from the sedation.
- Please arrive 15 minutes before your scheduled surgery time. You do not want to feel rushed when you arrive.
- Nothing to eat or drink for 8 hours before surgery. The only exception is your regular medications which must be taken with a sip of water.
- Brushing your teeth and rinsing with mouth wash reduces the chance of infection.
- Please wear short sleeves if you have decided on intravenous sedation.
- Please leave all jewelry and valuables at home. It would be easy to lose an earring or piercing during surgery or at home while you are still feeling the affects of the sedation.
- Take 1,000mg Vitamin C each day starting a few days before surgery to aid healing.
- You must take a very soft food, like apple sauce or cream of wheat before taking your medications. Taking medications on an empty stomach will cause nausea.
- Rest quietly after surgery with your head elevated 45 degrees. Ice will help relieve swelling and discomfort. Cold compresses help a lot for the first 36 hours.
- Take your antibiotics until gone to minimize the chance of infection.
- Call the office with any questions; we want to help you recovery quickly.