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## PRE-OPERATIVE INSTRUCTIONS -For Oral Surgery Procedures-

**GENERAL COMMENTS:** Our goal is to have your surgical appointment be as comfortable and smooth as possible. Proper pre-operative care is very important. Here are some general instructions to follow prior to your appointment. If you have any questions, please do not hesitate to call or email us. Our office phone is 425-369-1533 and our email is info@jawmouthface.com

**Arrival to Appointment:** Please arrive **to your surgery appointment 10 – 15 minutes prior to your scheduled time**. This will allow us to check you in, answer questions, and schedule your follow-up visit.

**Parking:** When parking, please find a spot near the end of the wheelchair ramp for easier access to your vehicle following the procedure. If you are unable to check in 15 minutes early, please call us so that we may know that everything is OK. Likewise, if we anticipate our schedule running behind, we will provide a courtesy call to you.

**What to Wear:** In order to make your surgery the most comfortable it can be, please come in loose fitting clothing, please do not wear a lot of eye make-up, and remove your contact lens prior to arriving. If you have eye glasses, please bring them with you.

**What to Bring:** Many patients are chilly after their surgeries, so we recommend having a blanket in the car for the ride home. **We do ask that your driver remain in the building for the duration of your treatment.** We do provide magazines and beverages, an espresso bar and a cozy fireplace in our lounge. We also invite your driver to bring a book or a laptop. We have WI-FI available for use with their laptop.

**Diet:** Before any procedure involving sedation, **DO NOT eat or drink anything for 6 hours prior to your appointment**. The **ONLY exception is if you are required to take medication every morning or you have been instructed to pre-medicate before surgery**, you may take your pills with a small sip of water. Also, **DO NOT drink alcohol for 24 hours prior to the surgery**. Doing so will prolong bleeding and/or cause you to get sick following the procedure.

Most patients feel more comfortable with soft foods for a few days following treatment. It is recommended that you stock your fridge with soft and squishy foods such as jello, pudding, yogurt, eggs, and cottage cheese, to enjoy following your surgery. You may also want to purchase ice packs or bags of frozen peas to ice with following your procedure. If you are having a graft procedure completed, you **must** be on a **soft to liquid diet for 7 – 10 days following treatment**.

**Prescriptions:** If Dr. Clayhold has prescribed medications (such as antibiotics or pain medication), please fill them prior to the day of surgery. You will need to take them soon after you return home from your appointment. Specific timeframes for taking the medication will be communicated to your driver.

**You may have prescriptions to take BEFORE surgery (ie: triazolam, valium, or pre-med antibiotics), so you will want to double check your Rx bottles ahead of time.**

- Valium – (If prescribed by Dr. Clayhold) to take at bedtime the night before your surgery if you are nervous.
- Triazolam – (If prescribed by Dr. Clayhold) take 45 minutes before surgery. **Triazolam can make patients very drowsy. Please take caution when walking in from the parking lot.**
- If you are instructed to take Valium or Triazolam before the appointment, you **MUST** have a friend or family member drive you to the appointment. **You cannot drive yourself.**

**Activity:** **If you are having sedation for your procedure, you must have a friend or family member drive you home from the appointment. You may not have cab or taxi as your ride; it must be someone you know. We ask that your driver remain here at the office for the entire length of the appointment.** If you are under 18 years of age, a parent or legal guardian must accompany you to the appointment. You should not drive, become involved in activities that require judgment for 24 hours following surgery. Over-exertion may start or intensify your pain or bleeding, so set your schedule in advance of your appointment to avoid excessive work or play for at least the first 24 hours following surgery.

It is not necessary to remain indoors following uncomplicated surgery.