



Pre-Operative Instructions Intravenous Sedation/Treatment

We are looking forward to seeing you for your upcoming appointment. In an effort to ensure you have the most positive and beneficial experience possible, please consider the following suggestions as to how you can prepare both yourself and your home for the day of treatment:

- Please do not EAT or DRINK eight hours prior to your sedation. Midnight the night prior to surgery is usually a good cut-off point.
- If you take medication, the Oral Surgeon will direct you as to which ones to take pre-operatively with a sip of water.
- If you are diabetic, please call the office at least one day prior to surgery for instructions on how to modify your medications.
- You must have a designated driver to escort you to and from the office. While you are taking post-operative pain medications, refrain from driving or engaging in any activity that requires fully-functioning reflexes (bicycling, walking up steps, operating electrical/battery powered cutting instruments, etc.) until the following day.
- We suggest you stock your refrigerator and pantry with plenty of soft foods such as protein shakes, Jell-O, yogurt, ice cream, cottage cheese, mashed potatoes, and soft meals. Low sugar items are preferred.
- Tea bags can be a useful tool in controlling any post-operative bleeding. We recommend you have a few on hand, and black tea bags are recommended. Make sure pressure from tea bags or gauze is directly over and on the surgical site with moderate pressure. Specific instructions for their use will be given at the time of your appointment.
- You should avoid all excessive physical activities immediately following your treatment.
- Please advise the surgical team when taking any blood thinners, including: Aspirin, Ibuprofen, Coumadin, Plavix, Lovanox, Xarelto, Eliquis, Pradaxa, ginkgo, fish oil, ginseng, or any related products.



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In addition to your home preparation, listed below are a few items that will make your time in our office more comfortable:

- We have blankets on hand in case you get cold, but we recommend you dress in layers for your comfort and for body access for our monitors.
- Dress in loose, comfortable clothing. Please do not wear long sleeved shirts, jewelry or dark nail polish. Wear minimal makeup and flat, close-toed shoes.
- If you wear contact lenses do not wear them the day of your surgery- please wear your glasses.

We welcome the opportunity to answer any other questions or concerns you might have regarding your procedure, so please don't hesitate to contact us.



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