

# FAMILY DENTAL ASSOCIATES

## PRE-OP INSTRUCTIONS

\_\_\_\_\_ **You may not have anything to eat or drink (including water) after midnight prior to the appointment.** You should, however, take any medications that your surgeon has directed you to take before your surgery with a small sip of water. If you are receiving intravenous (i.e.) sedation for a morning surgery, you should not eat or drink after midnight. If you are receiving intravenous sedation in the afternoon, no solid food should be eaten 6 hours before surgery.

\_\_\_\_\_ Make arrangements to have someone bring you to your appointment and wait in the waiting room to drive you home after your appointment. ***We require that a responsible adult escort you home following surgery and have someone with you for 24 hours.***

\_\_\_\_\_ A parent or guardian must sign for and accompany anyone who is a minor under 18 years of age.

\_\_\_\_\_ Please wear comfortable loose fitting clothing with short sleeves. Contact lenses (non-extended), jewelry, dentures, and any non-fixed foreign appliances must be removed. Females should not wear jewelry, cosmetics or high heeled shoes. Do not wear nail polish or make up. Do Not Wear a Dress.

\_\_\_\_\_ If you regularly take medication prescribed by your physician, please bring the medication with you (pills, inhalers ...). All medication should be taken as prescribed unless you are told otherwise (such as high blood pressure medicine). Diabetics taking insulin are usually advised to take one half their usual morning dosages prior to a morning surgery. *Please ask the doctor for specific instructions.*

\_\_\_\_\_ Patients having intravenous anesthesia will require time to recover from the medications after surgery (usually one half to one hour). Please be aware of this in scheduling arrangements for transportation home. Arrange to have the entire day off work, and limit your activity for the rest of the day.

\_\_\_\_\_ Do not drive an automobile or operate any machinery (i.e. kitchen appliances, lawn mower, power tools, etc.) for 24 hours after surgery. Please follow the guidelines and limitations for any medications you may be taking after surgery, further restrictions may be necessary.

\_\_\_\_\_ Do not drink alcoholic beverages until at least 48 hours after surgery. Do not make important decisions or sign legal documents.

\_\_\_\_\_ Call the office as soon as possible if you have any of the following “cold” or “flu” symptoms, such as: stuffy nose, sore throat, cough, sinus drainage, fever

Your appointment for surgery is on: \_\_\_\_\_ at \_\_\_\_\_

Employee who set up the appointment: \_\_\_\_\_

Patient/Guardian Printed Name: \_\_\_\_\_

Patient/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If you have any questions please call 478-971-7701