

Texas Institute of Oral, Facial & Implant Surgery

Pre-Operative Instructions

It is extremely important that you follow these instructions prior to your appointment for your sedation surgery.

- ❖ Have nothing to eat or drink for 8 (eight) hours prior to your appointment except enough water to take medicine as directed by the doctor. Unless specified by your doctor, all medicines taken on a routine basis should be continued **without** interruption. Check with your doctor if you have any questions.
- ❖ Please drink plenty of water the day before your appointment.
- ❖ Someone 18 years of age or older must come with you to your surgery day prepared to:
 - Stay in the office for the duration of your surgery. **Your ride cannot leave.**
 - Drive you home and care for you at least the first 6 (six) hours following surgery.
 - Note: We cannot release you to a driver that you do not know (ie: a cab/uber/lyft)
- ❖ Wear short sleeves for your appointment as they are necessary for IV access. Comfortable slacks/pants & flat-heeled shoes (avoid sandals or flip flops) are also recommended.
- ❖ Please remove finger nail polish for the blood oxygen monitor.
- ❖ Prepare 8 quart-size freezer bags to be used as ice packs on the day of surgery. *Combine 10 cups of water with 2 cups of rubbing alcohol. Divide into eight quart-size freezer bags. Freeze for 24 hours. Commercial ice packs may also be used.*
- ❖ Have enough soft foods such as *soups, instant breakfast, milk, ice cream and juices* on hand for the next few days.
- ❖ If you are diabetic and regularly monitor your blood sugar, please bring your glucometer to your appointment. If you are insulin dependent, please follow your insulin dosing guidelines.
- ❖ If you have a prosthesis, please bring it with you to your appointment.
- ❖ If you are a denture wearer, please **do not** use adhesive
- ❖ If you have an inhaler, please bring it with you to your appointment.
- ❖ If you are required to pre-medicate with antibiotics prior to surgery, please take your antibiotics one hour prior to your appointment, with the smallest amount of water possible.
- ❖ It is acceptable to wear hearing aids.
- ❖ **If pregnancy is suspected, procedure should be cancelled. Sedation medications can affect the unborn child.**
- ❖ If you have any questions concerning any of the instructions above, please call our office. We will be happy to answer any questions you have to help ensure you have a successful appointment. If you are not able to follow these instructions, we will not be able to administer sedation or complete the planned treatment.

