

ORAL SURGERY CONSULT

Pre-Op Instructions

1. Follow your regular diet on the day of surgery
 - a. -avoid any caffeine or other stimulants on the day of
 - b. -avoid smoking
2. Wear loose, comfortable clothing to the office
 - a. -bring some music to listen to
3. Wear no makeup on the day of surgery
4. Brush and floss your teeth prior to the surgery
5. Plan on no activity on the day of surgery, and reduced activity for 5-7 days post-surgery
6. Have ice packs prepared to minimize swelling. Elevate head on pillows to minimize swelling
7. Drink no alcohol for 24 hours pre surgery and until antibiotics are complete post-surgery
8. Day of surgery, eat soft foods, cool liquids and don't come on an empty stomach
9. Limit ASA taken pre-surgically unless advised by a physician for a medical reason

10. Inform office of Bisphosphonates
11. Inform office of Anti-Coagulents (Bloodthinners)
12. Inform office of any allergies to medications
13. Avoid hard crunchy foods for 7days post surgery. soft diet is preferred for 3-4 days post-surgery.
Soft diet: smoothies, soup, porridge, yogurts, meal replacement shakes such as Ensure or Boost.

14. If you are receiving an oral sedative or having IV sedation you must arrange to have someone else to help you commute.
15. Please take prescribed meds as required:
 - o Antibiotics (ie. Amoxicillin or Clindamycin) start the day before surgery in the MORNING.
 - o Oroclease/Peridex mouth rinse start the day before, follow instructions on the bottle.
 - o Dexamethasone (4mg) take 1 hour before surgery
 - o Advil or ibuprofen 400mg if prescribed 2 hours prior to appointment
 - o Oroclease starts the day before 30ml swish 2x a day