

**PRE-OPERATIVE INSTRUCTIONS**

! 1. YOU ARE TO BE ACCOMPANIED BY A RESPONSIBLE ADULT. **IT IS VERY IMPORTANT FOR THEM TO REMAIN IN THE WAITING ROOM UNTIL YOU ARE READY TO LEAVE THE OFFICE.** WE ALSO REQUIRE THAT A RESPONSIBLE ADULT **REMAIN WITH YOU AND ASSIST YOU** THROUGHOUT THE DAY, FOLLOWING YOUR SURGERY AS **DIZZINESS AND FORGETFULNESS MAY OCCUR.** Anticipated length of surgery: \_\_\_\_\_.

! 2. If you are going to have general anesthesia in the morning, **do not have anything to eat or drink (including water or coffee) from midnight on.** If you are going to have general anesthesia in the afternoon, **do not have anything to eat or drink (including water or coffee) for 8 hours prior to surgery.**

**EXCEPTION: Take prescribed medications with a small sip of water prior to your appointment as directed by Dr. Chang or Dr. Cutri and according to instructions in section 6 below.**

3. Personal preparation and importance of cleanliness:

- a. Bathe prior to surgery with particular attention to the head, face, and neck areas.
- b. Brush your teeth and use Peridex or a mouthwash prior to your appointment.
- c. Be clean shaven or trim and cleanse your beard and/or moustache if applicable.
- d. Please, no facial makeup, no earrings, and no tongue or nose rings.
- e. Please wear shoes and clean clothes.
- f. No leggings, long stockings or pantyhose (sometimes we have to attach a heart monitor to the leg).
- g. Remove contact lenses.
- h. Wear loose short sleeved clothing for easy access to the upper arms. Please NO sweatshirts.
- i. Remove nail polish from left index finger, as we use a special oxygen monitor during surgery.

4. Avoid any Aspirin or Aspirin-like products such as Ibuprofen (same as Motrin and Advil), and Aleve for at least 1 week prior to surgery. Tylenol (acetaminophen) is ok.

5. If you come down with a cough, cold, chest or nasal congestion, call to reschedule at least 24 hours prior to appointment.

6. Medications: If not listed below, follow instructions on pharmacy label. Otherwise, take as follows:

- a. Antibiotics (Amoxicillin / Clindamycin / Doxycycline / Augmentin / Cephalexin): \_\_\_ tablet every \_\_\_ hours until gone.
  - start antibiotic with \_\_\_ tablet(s) one hour prior to surgery with a small sip of water.
  - start antibiotic 3 days prior to surgery.
  - start antibiotic now.
- b. Oral rinse (for example Peridex, Perioguard, or Biotene): 1 capful rinse for 30 seconds then expectorate.
  - start 30 minutes prior to surgery / start now / start 3days prior to surgery
  - start brushing the gumline of teeth to be removed three times a day.
  - continue three times a day starting 1 day after your surgery for 7 days or until directed by your doctor.
- c. Pain medications (Vicodin/ Percocet/ Tylenol 3): \_\_\_\_\_ tablet(s) every \_\_\_ hours for pain following surgery. If you are not allergic to, or restricted from using, anti-inflammatory pain medications, and if you do not have stomach problems, try: Ibuprofen (same as Motrin and Advil) 400/600/800 mg, or Aleve every 8 hours with food instead of, or in conjunction with, the narcotic pain medication prescribed.
- d. Medrol Dose Pack: Use as directed starting day after surgery (look for instructions on the packet).

7. Special Instructions: \_\_\_\_\_