

Pre-Anesthesia Instructions

DO NOT eat or drink anything six hours prior to your surgery. (For example, if your surgery is at 8 AM you may not eat after 12 the night before.) This includes water, mints, candy, and gum.

Medications

Take heart, blood pressure, seizure or thyroid medications with a very small amount of water the morning of surgery but only if this is your normal time to take these medications. If you have asthma, bring your rescue inhaler with you to your surgery appointment. Any other medications should be discussed with the nurse or assistant prior to the surgery.

Driver/Escort

Your ride must remain in the facility during the procedure. Plan to have someone to stay with you for 24 hours after your surgery.

Clothing

Wear something comfortable. We recommend short or ¾ length sleeves. If you choose to wear long sleeves, please wear something underneath so that it can be removed during surgery. Do not wear flip flops. **Avoid** turtlenecks, belts, tight fitting clothing, and shoes that do not stay on (eg flip flops). All jewelry and body piercings must be removed prior to surgery. Additionally, if you wear contacts you must wear glasses the day of surgery.

Food and drink to have at home for AFTER your surgery:

Food

At first, eat only cool and soft items such as applesauce, jell-o, pudding, ice-cream, and yogurt. The evening of surgery you may eat foods such as scrambled eggs, oatmeal, mashed potatoes and soups. These foods should be allowed to cool to room temperature before eating them.

Drinks

It is important to stay hydrated after your surgery and through recovery. Some suggestions: gatorade, fruit juices, and water. Do not drink anything warm until the day after surgery. Do not drink anything carbonated (soda, sparkling water etc.) or through a straw. Carbonation and drinking through straws are likely to lead to dry socket (A dry socket occurs when the blood clot at the site of the tooth extraction is dislodged, exposing underlying bone and nerves and causing increasing pain).