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## **Preoperative Instructions**

- 1) The night before surgery, eat a light, easily digestible meal. Do not consume any alcoholic beverages. Go to bed early.
- 2) Do not eat or drink anything 12 hours prior to your appointment. No food. No liquid.
- 3) Refrain from smoking for at least 1 day prior to surgery.
- 4) Your mouth and teeth should be well cleaned to help avoid infection.
- 5) A responsible person should accompany you to and from our office the day of surgery. You may not, under any circumstances, drive an automobile for 12 hours after surgery.
- 6) If you plan to go to sleep for your surgery, please wear comfortable, loose-fitting clothing.
- 7) Call our office immediately if symptoms of a head cold or chest cold arise. A change of appointment will probably be necessary.