



PRE-OPERATIVE INSTRUCTIONS

At The Oral Surgery and Dental Implant Specialists of San Diego, we want to do everything possible to ensure that you have a comfortable and safe experience in our office. Please review the following pre-operative guidelines prior to the day of your scheduled surgery appointment. If you have any questions regarding your surgery or any of these guidelines, do not hesitate to call our office.

- **Please do not have anything to eat or drink (including water) for 8 hours prior to surgery.** Surgery appointments will be rescheduled if these instructions are not properly followed.
- If you are taking prescription medications for other medical reasons, these may be taken at their normal times with small sips of water.
- If you are prescribed a rescue inhaler for asthma, please bring this with you on the day of your surgery.
- **When you have general anesthesia, a responsible adult who is over the age of 18 must accompany you to the office,** remain in the office during the procedure, and drive you home. This person should also be able to stay with you for several hours once you return home after surgery.
- Please do not wear lipstick, contact lenses, facial jewelry of any kind, or high-heeled shoes to your appointment. Please tie hair back away from your face. Please wear a short-sleeved shirt or blouse. Please remove all dark fingernail polish for our monitoring equipment.
- Plan to rest for the remainder of the surgery day. The patient should not drive a vehicle or operate any machinery for 24 hours following the anesthesia experience.
- If you develop lung or nasal congestion, the flu, a cold, or a fever, please advise us a few days before your surgery.
- The use of alcohol or recreational drugs can have an adverse effect on the anesthesia medications that we use. Please discontinue the use of such for at least 72 hours prior to your procedure.
- Ideally, stop smoking 24 hours prior to surgery.
- Women, please note: Some antibiotics may interfere with the effectiveness of your birth control pills. Please check with your pharmacist.