

BEFORE YOUR SURGERY: Oral/I.V. Sedation

You will be undergoing a procedure that will help restore your mouth to health. By following our instructions before and after surgery, you can avoid significant changes in your daily activities. Please call us if you have any questions.

WEEK PRIOR TO SURGERY:

- Please inform us of any new medication you are taking or changes in your health history.
- Please have your prescriptions filled prior to your appointment.
- If you are currently taking Aspirin or blood thinners, we may require medical clearance from your Physician or Cardiologist.

NIGHT BEFORE YOUR SURGERY:

- Eat normally
- Do not drink any alcoholic beverages
- Get a good night's sleep
- Please take medications as prescribed and directed
- Do not smoke the day before surgery

DAY OF SURGERY:

You cannot have ANYTHING to eat or drink 6 hours before your appointment. EXCEPTION: you should have 6 – 8 oz of water with the medication prescribed by Dr. Richert prior to your appointment.

**If your appointment is in the morning, do not eat after midnight the evening before.
If your appointment is in the afternoon, have a light meal no later than 6 hours before your appointment.**

- Wear comfortable clothes, preferably with short sleeves, as we will take your blood pressure.
- Do not wear dark nail polish, please. (It negatively affects our vital monitors).
- **YOU MUST ARRANGE FOR A RESPONSIBLE ADULT (18 YEARS OR OLDER) TO BRING YOU TO AND FROM THE OFFICE.**

ABOUT YOUR MEDICATIONS

(You **may** have been given 1 or more of the following medication:)

- **IBUPROFEN (AKA MOTRIN):** These are moderate pain relievers. You should begin taking this immediately following your surgery and should continue taking it for at least **3 days** after surgery, even if you feel great. Ibuprofen is an anti-inflammatory (NSAID) which will help reduce swelling.
- **STELLALIFE MOUTH RINSE:** This is an all-natural anti-microbial mouth wash. It kills germs in your mouth and will be the substitute for your toothbrush at the surgical site during the first week after the surgery. IF NEEDED, YOU WILL BE GIVEN A BOTTLE AFTER THE PROCEDURE
- **ANTIBIOTICS** (*can be any of the following: Amoxicillin, Clindamycin, Augmentin, Azithromycin*): These antibiotics help to prevent infection. Please review the instructions on your prescriptions bottle and take until gone.
- **Oxycodone or Norco:** These are heavy duty pain relievers (narcotics). There are used to help with breakthrough pain. You may take them as prescribed in addition to the Ibuprofen if you are in pain.
- **Dexamethasone/Medrol:** These are pills to help reduce swelling. Please review the prescription instructions on the label and take until gone.
- **TRIAZOLAM OR DIAZEPAM:** These are oral sedatives that help reduce anxiety and help relax you for your appointment. Please take these pills as directed on the bottle.