

## **ORAL FACIAL RECONSTRUCTION AND IMPLANT CENTER**

**Diplomats of The American Board of Oral and Maxillofacial Surgery  
Fellows of The American Association of Oral and Maxillofacial Surgeons**

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## **INSTRUCTIONS PRIOR TO YOUR ORAL SURGERY**

1. Absolutely **NO EATING OR DRINKING** (including water, breath mints, etc.) after midnight, the night before your scheduled surgery. If your surgery is scheduled after 12:00 noon, you may have a light breakfast six hours before the appointment.
2. You must be accompanied by a responsible adult, that you know and trust, and is licensed and prepared to drive you home and care for you the day of your surgery. They need to **WAIT FOR YOU** in the waiting room during your surgery. Most surgeries last approximately one hour or less. When your surgery is finished you will need a minimal amount of time to awaken and recover, then you will want to go home and relax and start on your pain medication. The sooner you eat something to coat your stomach and take your pain medicine, the more comfortable you will be after surgery.
3. Wear loose, comfortable clothing with a top that has **short sleeves**. (We will be placing monitors on your arms and starting the I.V. in your arm. For females please **AVOID WEARING ANY NAIL POLISH** the day of surgery, as this will interfere with the monitoring system.
4. Leave jewelry and contact lenses at home (otherwise remove them prior to your surgery). Women need to wear flat **shoes without heels**. **NO SANDALS OR FLIP FLOPS** (you will be wobbly from the medication given).
5. Good oral hygiene is essential for proper healing. **Brush and floss your teeth BEFORE surgery.** Do not smoke before and after your surgery, the residue from the smoke stays on your teeth and gums, interfering with healing.
6. Do not take aspirin or aspirin compounds for two weeks prior to your surgery.
7. Please bring your surgical fee the day of surgery and complete your financial arrangements with the secretary prior to surgery. You will not be alert enough to handle financial arrangements after surgery.
8. Avoid **smoking, alcoholic beverages, and any recreational drugs INCLUDING MARIJUANA** for at least a week prior to general anesthesia for your own safety and protection. Use of recreational drugs prior to general anesthesia **could be life threatening.**
9. Have your prescription **FILLED** at a pharmacy **BEFORE** your surgery appointment. Make sure you have plenty of liquids and soft cold food (i.e. mashed potatoes, cottage cheese, milkshakes, pudding, yogurt, etc.) ready at home after your surgery.
10. REMEMBER: If you think you will need a refill of your pain medication over the weekend you should call the office by no later than Friday 4:00 P.M. **No narcotics will be prescribed over the weekend!!**

**If you have ANY QUESTIONS please call our office prior to coming in.  
we will be happy to explain.**