



## PREOPERATIVE INSTRUCTIONS

- **NOTHING** to eat or drink, **including water**, after midnight prior to your appointment ***if you are scheduled for general anesthesia or IV sedation.***
- If you are taking prescription medications that have been approved by your doctor, please take them with just a sip of water.
- You must be accompanied by someone 18 years of age or older to drive you home after surgery if you have had IV sedation or general anesthesia. If you are under the age of 18 you must be accompanied by a parent/guardian. Please have this person be prepared to stay in the office for your entire appointment, as well as during your recovery at home that day.
- If you are diabetic and regularly monitor your blood sugar, please bring your glucometer to your appointment. If you are insulin dependent, please follow your insulin dosing guidelines provided at your consultation and bring your glucometer as well.
- If you have an inhaler, please bring it with you to your appointment.
- If you are required to pre-medicate with antibiotics prior to surgery, please take your antibiotics one hour prior to your appointment, with the smallest amount of water possible.
- Please try to wear loose, comfortable clothing on the day of surgery.
- If you wear contact lenses, they should be removed prior to surgery.
- If you are feeling ill, coming down with a cold or have a temperature, please notify our office 24 hours prior to your appointment so we can reschedule.
- If you are pregnant, or believe you might be pregnant, please notify our office so we can discuss the appropriateness of your appointment.
- **Please note:** As a courtesy to our patients, **food, drink, or use of cellular phones are prohibited in our facility.**

**WE DO NOT PERMIT RECORDING OF ANY TYPE IN OUR FACILITY  
UNDER ANY CIRCUMSTANCES.**

SEE REVERSE SIDE FOR MORE INSTRUCTIONS





## **PRE AND POST SURGICAL PAIN CONTROL WITH ANTI-INFLAMMATORY MEDICATION**

We recommend a non-steroidal anti-inflammatory be taken before and after surgery. This has been shown to reduce pain and swelling, **often in combination with your prescription pain medication.** If you use a generic Ibuprofen, please ensure it is coated, as this will decrease potential GI side effects.

### **Take as follows before surgery:**

- 600-800 mg Ibuprofen (4 Advil or Motrin) the night before surgery.

### **Take as follows after surgery:**

- 600-800 mg Ibuprofen every 8 hours as your baseline pain medication. This should help alleviate minor discomfort and can be used by itself or in combination with your prescription medication.
- Continue taking the Ibuprofen for 5-7 days after surgery (some patients may find that Ibuprofen helps for up to 10 days).
- Use your prescription medication with food as directed.
- Please refer to your post-op instructions for further details about your recovery.

Our goal is for you to be a fully informed patient, who will receive the best care possible. Please feel free to call our office with any questions concerning your surgery: **207-772-4063**