Pre-operative Instructions
North Tarrant Oral and Maxillofacial Surgery
Glenn Green, DMD
(817) 237-7557

Your surgical appointment is scheduled for: ____________________________________________________________________________________________

Day                                             Date                         Time

Our Locations:
820 Towne Court
Fort Worth, TX, 76179
(817) 237-7557

IMPORTANT MEDICATION INFORMATION:
❖ **Heart or Blood Pressure:** If you take medication for your heart or blood pressure every morning, please take them the morning of the surgery. *(note: They can be taken with a small sip of water if you have morning surgery)*
❖ **Insulin:** If you take insulin for diabetes (high blood sugar), please adhere to the following
  • **Morning surgery:** **DO NOT** take your insulin or eat breakfast. Please **BRING** your insulin with your kit to the office so we can treat you as needed with the insulin prescribed by your primary care physician during or after surgery.
  • **Afternoon surgery:** Please discuss this with our office during your pre-op phone call.

FOR ALL PATIENTS:
❖ **Tobacco:** Please **DO NOT** smoke for at least 24 hours prior to and at least 5 days after your surgery because Nicotine and tar adversely affect normal healing. **DO NOT** use tobacco products until the surgical site has healed.
❖ **Alcohol:** **DO NOT** ingest alcoholic beverages for at least 24 hours before and at least 48 hours after your surgery.
❖ **Sleep:** Go to bed early the evening before your surgery. A well-rested patient is much more comfortable.
❖ **Teeth:** Please brush your teeth prior to your appointment. This will help reduce the amount of bacteria and therefore the chance of an infection.
❖ **Medication:** Take all regular medications prescribed by your primary care physician with a small sip of water before surgery.
❖ **Clothing:** Wear comfortable loose fitting clothing. Short sleeves are preferable. Please **NO** makeup.
❖ **Work:** Plan on resting the remainder of the day of your appointment, and depending on the difficulty of the procedure, anywhere from 1-3 days. Additional days may be required before healing, eating and soreness are at a stabilized level that would permit you to return to work. Please discuss this with our office.

FOR PATIENTS WHO WILL BE ASLEEP OR SEDATED:
❖ **Food and Drink:** this is VERY important in assuring safety during anesthesia, and your cooperation is crucial
  • **Morning surgery:** **DO NOT** eat or drink anything past **MIDNIGHT** on the night prior to your surgery.
    • **Afternoon surgery:** You may drink clear liquids (Sprite, apple juice, etc.) up until 6 hours prior to your arrival time at the office, but still **EAT NOTHING AFTER MIDNIGHT**!
❖ **Clothing:** Patient must wear short-sleeves for surgery
❖ **Escort:** Please arrange for a **RESPONSIBLE ADULT** to escort you and care for you the day of and the night following your surgery. The **ESCORT MUST STAY** in the office through the entire surgery
❖ **Driving:** Please **DO NOT** drive a car for at least 24 hours following surgery
- **Medication**: **DO NOT** take medications unless prescribed by or approved by your surgeon, especially sleeping pills, tranquilizers or aspirin

- **Food and Drink After Surgery**: Drink liquids if you can, and progress slowly to light foods after your surgery

By signing this:
I understand that if I am more than **15 minutes late**, the surgery will be rescheduled
I understand that if **I DO NOT GIVE A 24 HOUR CANCELLATION NOTICE** I will be charged $100.00

____________________________________________                                          _________________________
Patient or Legal Guardian                                                                                              Date