

## Pre-operative Instructions

Fred A. Loe, D.D.S., P.A.

### Oral and Maxillofacial Surgery

Your surgical appointment is scheduled for: \_\_\_\_\_  
Day Date Time

#### Our Locations:

820 Towne Court  
Saginaw, 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