



# FAMILY, IMPLANT & COSMETIC DENTISTRY

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## PRE-OP GUIDELINES

Patients who have a clear understanding and expectation level before surgery have greater peace of mind. The following instructions and information will help you prepare yourself and ensure that your oral surgery goes smoothly.

1. You must **not** have anything to eat or drink after **midnight or for at least 8 hours** prior to the appointment. You should, however, take any medications that your surgeon has directed you to take before your surgery with **water**, along with your usual medications. You are encouraged to drink **plain water** until up to two hours prior to your appointment to remain hydrated.
2. Arrive for your appointment **THIRTY MINUTES** early.
3. Make arrangements to have someone bring you to your appointment and wait in waiting room to drive you home after your appointment. **YOU MUST HAVE AN ADULT STAY WITH YOU AFTER SURGERY. YOU MUST NOT BE LEFT UNATTENDED.**
4. Please wear loose fitting clothing with short sleeves and low heel shoes. Contact lenses (non-extended), jewelry, dentures, make-up and nail polish must be removed.
5. Call the office as soon as possible if you have any of the following “cold” or “flu” symptoms, such as: stuffy nose, sore throat, cough, sinus drainage or fever.
6. A parent or guardian must sign for and come with anyone who is a minor under 18 years of age.
7. Bring a CD or DVD for your listening/viewing pleasure.
8. Absolutely no alcoholic intake 24 hours prior to surgery.
9. Antibiotics and other medications may interfere with the effectiveness of oral contraceptives. Any change in the gastrointestinal system, including IV sedation, may also interfere with the effectiveness of oral contraceptives. It is recommended that an additional form of birth control be used for one complete cycle of birth control pills, following a course of antibiotics, other medications and IV sedation.
10. It is important to understand that failure to follow any of the instructions above may result in serious complication, significant detriment to your health, and in some cases may be life threatening. Take all medication as directed.
11. Be sure to have plenty of soft food and liquid at home for your post-operative recovery.
12. Clear your schedule for at least 4 days of rest; the first 72 hours after surgery is the peak for pain and swelling. More rest promotes quicker healing.

The following is a guideline for post-op (day of surgery) diet:

- Milk shake (NO STRAW)/protein smoothie, Ensure, Sustecal, Nutrament, Carnation Instant Breakfast or Boost
- Mashed potatoes
- Scrambled eggs
- Meatloaf
- Pancakes (moist)
- Pasta
- Pudding

After numbness is gone any soft food with substance should be eaten immediately following surgery. Broths and juices, although beneficial for hydration, are not substantial enough to offset the effects of the medication in regards to nausea. We recommend that you have several of the patient’s favorites (within the guidelines listed above) at home and ready. This eliminates any last minute trips to the store.

Give us a call if you have any questions.