

Desert Valley

ORAL SURGERY

Pre-Operative Instructions

Before your Procedure:

If you are receiving **IV Sedation** or general anesthesia for your procedure, it is **very important** that you have nothing to eat or drink for EIGHT hours before your surgery. If you have medications you need to take the day of your procedure, take them with a small amount of water. You may want to eat a light meal right before the eight-hour deadline to help tolerate the fasting period. Avoid alcoholic drinks the night before your procedure.

If you eat or drink anything during your prescribed eight-hour fasting period, your surgery may need to be rescheduled for your safety.

- Avoid smoking marijuana, cigarettes, or vaping for at least 24 hours prior to surgery.
- Drink 64 oz. (8 cups) of fluids the day before your surgery to ensure you remain hydrated while fasting.
- Be sure to have some soft foods ready for after your surgery!

Post-Operative Food Instructions:

It is critical that you follow your doctor's directions regarding how long to stay on a soft diet after the surgery. This can have a MAJOR impact on your healing after an oral surgical procedure. Please follow your normal dietary restrictions, if any. The following are good food examples for the first week or so after your surgery.

- | | | |
|--|---------------------------|---------------------------|
| • Clear Liquids (juice, Gatorade, etc.) | • Jell-O, pudding, yogurt | • Scrambled Eggs |
| • Full Liquids (milkshakes, ice cream, etc.) | • Canned Fruit | • Mashed potatoes |
| • Blender Food (smoothies) | • Applesauce | • Oatmeal, Cooked Cereals |
| • Soup (without large chunks) | • Cooked vegetables | • Pasta (well cooked) |

Please avoid hard or crunchy foods (tortilla or potato chips, etc.), or foods with small seeds (strawberries, raspberries, blueberries), until your doctor tells you its ok to eat those things again. Also avoid things that don't dissolve, like popcorn or raw vegetables.

On the Day of Your Surgery:

DO: Wear loose fitting clothes & short sleeves

DON'T: Wear jewelry or have on nail polish

A responsible person at least 18 years old MUST wait for you in our waiting room during the procedure & drive you home after surgery.

They may not leave the premises during your procedure.

Ideally someone should stay with you for 24 hours. You cannot leave the office in a taxi or with a driver whom you do not know. You cannot drive for 24 hours if you have IV Anesthesia. Make sure all of your prescriptions are picked up from your pharmacy prior to your procedure. If you have been prescribed an antibiotic take it ONE HOUR prior to the procedure. If you use **albuterol**, please bring it with you on the day of your procedure.

Additional Instructions:
