



## **Pre-Operative Instructions**

To make your treatment as comfortable and effective as possible, follow all recommendations unless directed otherwise.

### **The day prior:**

- Stock up on your post-operative foods and meals (refer to your post-operative instructions for a detailed description)
- Pick up, and take any medications required for your procedure as prescribed (refer to your medications instructions sheet for further information)
- Be sure to have plenty of Tylenol and Advil on hand to get through the post-operative healing period
- Do not drink alcohol for 24 hours prior
- Eat a nutritious meal for dinner
- Go to bed early for a good night's sleep

### **The day of:**

- Take any and all of your regular medications unless otherwise instructed by Dr. Robinson or your primary care physician
- Take any medication required for your procedure as prescribed
- Plan to be home relaxing for the remainder of the day after the procedure
  - Be aware that sedation will alter your mental and physical function for up to 24 hours
- Do not eat a heavy meal within 8 hours of your appointment, especially if you will be under sedation
  - It is recommended that you have a small snack such as dry toast or crackers
- Drink plenty of water to be well hydrated (this allows for easier blood draws and IV placements)
- Dress in comfortable clothing
  - No lipstick or makeup is to be worn as it contaminates the surgical field
  - If you will be under sedation, please remove any nail polish or false nails prior
- Plan to arrive to your appointment 15-30 minutes early to allow for any required paperwork or payment processing
- Use the restroom prior to being seated for your surgery
- Advise us of ANY medical/dental changes including upper respiratory illnesses, severe allergies, or fever

Please call the office if you have any questions about your planned treatment.

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