



PREOPERATIVE INSTRUCTIONS

1. If you have an artificial heart valve, joint, or pacemaker, or if you have ever been told you need an antibiotic BEFORE dental work, please notify us prior to your surgery so we can make arrangements to treat you accordingly.
2. **DO NOT** take any aspirin, Advil, Aleve, Motrin, Alka-Seltzer, headache powders or sinus medicine with pain reliever or vitamin E for at least 7 days before your surgery date. Tylenol is permitted. Please notify our office if another doctor starts you on any arthritis medication or blood thinners before your appointment time. Please continue to take blood pressure and other medications as prescribed.
3. Please make every effort to bring a friend or family member to drive you home after surgery. You will not have general anesthesia, but may be bandaged in such a way that driving yourself would be difficult.
4. **EAT** before your surgery. You may have restrictions in that regard afterwards.
5. Schedule your activities around the surgery date. No exercise, weight lifting, or sports activities (including golf) will be permitted for at least one week, possibly longer. Plan to rest and have minimal to no activity for at least 48 hours after your surgery.
6. If you are having surgery on the face, please notify us in advance if you begin having cold or flu symptoms or uncontrolled sinus allergy problems. If you are unable to keep your appointment for any reason, please notify our office as far in advance as possible.

Toll Free: 1-800-972-3751

Local: 231-8599

Your appointment for surgery is _____