

WOODINVILLE ORAL & MAXILLOFACIAL SURGERY, INC.

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Fellow American College Oral & Maxillofacial Surgery, Board Certified

PRE-OPERATIVE INSTRUCTIONS

HYDRATE WELL THE ENTIRE DAY BEFORE THE SURGERY. Beverages containing **electrolytes** such as fruit juices, sports drinks and coconut water are preferred over plain water. This will help you feel better after the surgery and make it easier to find a vein for the IV.

FOR IV SEDATION

DO NOT EAT OR DRINK ANYTHING SIX (6) HOURS, NOT LONGER, PRIOR TO SURGERY EXCEPT take the medications, if given to you, one hour before your surgery with enough water to swallow them.

DIABETICS It is important you eat according to your diabetic needs. Please speak to the doctor or assistant for instructions specific for you. Avoid dairy products before surgery.

DO NOT DRIVE Have a responsible person, **who can stay at the office** during the procedure, **drive you to and from your appointment.** You should have someone stay at home with you throughout the day. You should not drive, make important decisions or operate machinery for 24 hours after sedation.

Wear loose, comfortable, short sleeve clothing and low heeled shoes.

Do not wear contact lenses or nail polish.

FOR ALL SURGERIES

Please refrain from smoking 24 hours before and 48 hours after the surgery to avoid intense pain and other complications such as delayed healing.

If you have used a rescue inhaler in the last year, please bring the inhaler to your surgery.

Stock up on protein rich, soft foods (yogurt, applesauce, cooked vegetables, milk shakes, smoothies, mashed potatoes, eggs). Foods usually served hot should be cooled to a lukewarm temperature as hot foods/beverages can increase pain and bleeding.

To minimize swelling **have ice packs available**. The swelling will increase in size for 48 hours, making the fourth and fifth day after surgery the most swollen, uncomfortable days. Rest and use ice packs as much as possible for the first 48 hours. This will help keep the pain and swelling to a minimum. Use plastic bags filled with ice, gel ice packs or bags of frozen peas or corn.

Have extra pillows or a recliner available in order to rest and sleep with your head elevated.

Make sure you **have Naproxen (Aleve) and Acetaminophen (Tylenol) available**. Instructions on the use of these and prescribed medications will be given to you at the surgery.

PLEASE CALL WITH ANY QUESTIONS AT 425-483-1986