



Ofilio J. Morales, D.M.D.
Zakir Shaikh, D.M.D., M.D.
Luis F. Alicea, D.M.D.
Luke Antonos, D.M.D.
Diplomates, American Board of Oral & Maxillofacial Surgeons

Arthur W. Moore III, D.M.D., DABOP, FPMFPC
Diplomate, American Board of Orofacial Pain
Austin N. Belknap, D.M.D.
Diplomate, American Board of Oral & Maxillofacial Pathology

PRE-SURGICAL PATIENT PREPARATIONS

Preparing for surgery day includes what to do (or not to do) before surgery, as well as preparing for what to do (or not to do) after surgery.

BEFORE YOUR SURGERY, PLAN & PREPARE FOR WHAT COMES AFTER SURGERY

Getting Home After Surgery and Anesthesia

- After anesthesia patients must be released to a responsible adult (designated support person over the age of 18) who will drive them home, ensure they get in their home safely.
- It's recommended that the patient have a responsible adult stay with and monitor them for the first 24 hours while the anesthesia wears off. This helps prevent accidents and ensures someone is able to report any complications and communicate to the medical team should the need arise.

After Anesthesia Patient Care & Safety

Anesthesia can affect a patient's cognitive and physical abilities, in ways that are not always obvious to others, or themselves. Anesthesia can cause short-term memory loss, and cause various states of disorientation, or being physically clumsy or unsteady. Anesthesia can also cause nausea and dizziness.

- Patients should rest for the remainder of the day.
 - Do not drive a vehicle.
 - Do not operate equipment or heavy machinery.
 - Do not make important decisions or sign legal paperwork.
 - Do not consume alcohol.



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- Only take medications or supplements approved by your surgeon.

After Anesthesia & Child Care & Safety

Anesthesia can affect a patient's cognitive and physical abilities. Make sure young children are, for the remainder of the day, cared for by a responsible adult who has not received anesthesia on the same day.

Medication Management

- Fill any prescription pain medications and antibiotics before the day of your surgery.

DAY BEFORE & DAY OF INSTRUCTIONS

- Don't Eat or Drink anything (including water) at least 6 hours before your surgery.
- Stop alcohol for at least 24 hours before your surgery.
- Don't smoke at least 12 hours before your surgery.
- Follow your surgeon's instructions on which medications to take or skip. If you have questions, call our office.
- If you have an illness such as a cold, sore throat, stomach, or bowel upset, please notify the office as soon as possible.

What to Wear & Hygiene:

- Loose fitting clothing with sleeves, which can be rolled up past the elbow.
- Please do not wear high heels or flip-flops.
- Contact lenses, jewelry, and dentures must be removed at the time of surgery.
- Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
- Brush and floss thoroughly before arriving.

If you have any questions or concerns, please call our office.