

Pre-Surgery Instructions for Oral Surgery

Days prior to surgery:

- Avoid aspirin for pain relief for 7 days prior to surgery date – Acetaminophen (Tylenol) is OK.
 - Affects clotting for 7 days
- Start taking vitamin supplements 1 week before your surgery to promote healing.
- Please make sure you have all prescribed medications on hand at least 2 days prior to your surgery date. Some medications may need to be taken on the day prior to your appointment.
- Plan to have extra ice cubes and Ziploc bags on hand.
- Eat a nutritious meal on the night before your surgery. Drink plenty of fluids and get a good night's rest.
- Following the procedure, you will need to eat softer foods and drink plenty of fluids. Plan to have foods on hand with high protein content and soft consistency such as soups, fish dishes, eggs, oatmeal, and yogurt. Other options include fruit juices, milkshakes, pudding, ice cream, Jell-O and soft fruits. Liquid diet supplements such as Ensure and Boost are also quite helpful.
- Please don't plan to lose weight after your surgery as this may compromise your healing.

Day of surgery

- Eat a good, healthy breakfast but avoid drinking much coffee or tea. During the surgery it is unlikely you will be able to go to the bathroom.
- Avoid grapefruit juice as it may react adversely with sedatives you may be taking.
- For afternoon surgeries, eat a good lunch keeping in mind the above guidelines.
- Wear comfortable, warm clothing such as a sweatshirt and sweatpants. Be sure sleeves can be raised high on your arm so blood pressure readings can be taken before and during the surgery.
- Cosmetic make-up should be avoided.
- A responsible adult must accompany you and drive you home after your surgery. If you have taken any medications for sedation, you should not operate a motor vehicle for the remainder of the day.

Following these guidelines will help to ensure your surgery goes smoothly and promote comfortable and rapid healing.

If you have any questions or concerns, please call our office at 604-986-9521. **If you experience any complications please call our office or Dr. Goncalves or Dr. Ho on their cell phones.**